



Andrea Moore, MD

Giving up flour and sugar

1. How do you feel about giving up flour and sugar at this time? (list the emotions you are feeling)

2. What kind of habits or rituals do you have around flour or sugar?

3. Do you have an anniversary or birthday coming up?

4. Can you see your self celebrating without eating flour or sugar?

5. Do you have any trigger foods?

6. What are some active behaviors that will allow you to avoid your trigger foods?

7. Do you have more issues with eating at work or at home? Why?

8. Will you feel deprived if you can't eat foods with flour or sugar? Why or why not?



After filling out these questions, I recommend you watch That Sugar Film on Amazon Prime. It is an interesting and entertaining look at what happens to a healthy adult male as he adds more sugar into his diet. The film itself is appropriate for families but his partner (female and pregnant) is featured.

Now look in your pantry and find all of the products that contain sugar or flour and place them on a single shelf or location. If you are able, I find it helpful to put the foods that I find particularly yummy out of sight. See if you can recruit your family members to help by keeping their foods in a hidden spot. My family knows to hide the oreos and the ice cream from me!



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Original Label		New Label																						
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8		Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)																						
Amount Per Serving		Amount per serving																						
Calories 230 Calories from Fat 72		Calories 230																						
% Daily Value*		% Daily Value*																						
Total Fat 8g	12%	Total Fat 8g	10%																					
Saturated Fat 1g	5%	Saturated Fat 1g	5%																					
Trans Fat 0g		Trans Fat 0g																						
Cholesterol 0mg	0%	Cholesterol 0mg	0%																					
Sodium 160mg	7%	Sodium 160mg	7%																					
Total Carbohydrate 37g	12%	Total Carbohydrate 37g	13%																					
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%																					
Sugars 1g		Total Sugars 12g																						
		Includes 10g Added Sugars	20%																					
Protein 3g		Protein 3g																						
Vitamin A	10%	Vitamin D 2mcg	10%																					
Vitamin C	8%	Calcium 260mg	20%																					
Calcium	20%	Iron 8mg	45%																					
Iron	45%	Potassium 235mg	6%																					
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small>		<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>																						
	<table border="1"><thead><tr><th></th><th>Calories: 2,000</th><th>2,500</th></tr></thead><tbody><tr><td>Total Fat</td><td>Less than 65g</td><td>80g</td></tr><tr><td>Sat Fat</td><td>Less than 20g</td><td>25g</td></tr><tr><td>Cholesterol</td><td>Less than 300mg</td><td>300mg</td></tr><tr><td>Sodium</td><td>Less than 2,400mg</td><td>2,400mg</td></tr><tr><td>Total Carbohydrate</td><td>300g</td><td>375g</td></tr><tr><td>Dietary Fiber</td><td>25g</td><td>30g</td></tr></tbody></table>		Calories: 2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g		
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I have added two food labels to demonstrate how to figure out if a product has flour and sugar. The label on the left is the type of label that is found commonly. The label on the right is the label that will be required for food companies to use in 2020. This is the same product. Note the carbohydrate grams are 37. On the label on the left the sugar is 1 gram. On the label on the right there are 10 added grams of sugar. These labels come from the same product. You can see how looking just at the nutrition facts can be misleading.

I recommend also reading the ingredients list to determine if sugar has been added to the product. Here are some commonly used terms for sugar: sucrose, fructose, glucose, maltodextrin, brown sugar, cane juice, barley malt, beet sugar, corn syrup, date sugar, demerara sugar, fruit juice or fruit juice concentrate, honey, maple syrup, molasses, rice syrup, sucanat, stevia and dried fruit. Sugar alcohols are considered nutritive sweeteners and include sorbitol, xylitol and erythritol. Non-nutritive sweeteners should be avoided as well and these include: saccharin, aspartame, acesulfame K, neotame and sucralose. Basically anything sweet, with the exception of raw fruit is off the table for now.