



SYW 21

Guide to Sugar, Fats, & Oils

UNBOXED WELLNESS, LLC

WITH EXCERPTS FROM 21 DAY SUGAR
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SUGAR

what you need to know

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, High Fructose Corn Syrup (HFCS) & artificial sweeteners are all very modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary.

WHERE IT'S USED

This may be an eye-opener. When you read the ingredients in packaged, processed foods, it becomes obvious that most of them use highly refined, low-quality sweeteners or artificial sweeteners-avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the high-fructose corn syrup (HFCS) commercials are misleading. Your body actually does not metabolize all sugar the same. Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time because the high fructose in both requires processing by the liver before the sugar hits your bloodstream. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to your health. Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole food is the better option as well as the natural sweeteners after the 21 days of eliminating sugar.

Natural Sweeteners

These are in their natural form and have not been processed to extend shelf life

Brown Sugar	Date Sugar/Syrup	Molasses
Cane Juice/crystals	Dates	Palm Sugar
Cane Sugar	Fruit Juice/concentrate	Raw Sugar
Coconut Sugar/crystals	Honey	Stevia (green leaf/extract)
Coconut Nectar	Maple syrup	Turbinado Sugar

Naturally Derived Sweeteners

These have been extracted & processed from the natural sweeteners above.

Agave	Fructose	Sorbitol
Agave Nectar	Glucose/solids	Sorghum syrup
Barley Malt	Golden sugar/syrup	Sucrose
Beet Sugar	Grape sugar	Tagatose
Brown Rice Syrup	High Fructose Corn	Treacle
Buttered Syrup	Syrup	Yellow Sugar
Caramel	Invert sugar	Xylitol (or other
Carob Syrup	Lactose	sugar alcohols; they
Corn Syrup	Levulose	typically end in -ose
Corn Syrup Solids	Light brown sugar	
Demerara Sugar	Maltitol	
Dextran	Malt Syrup	
Dextran	Maltodextrin	
Dextrose	Maltose	
Diastatic malt	Mannitol	
Diastase	Muscovado	
Ethyl maltol	Refiner's Syrup	

Artificial Sweeteners

These are man-made (GMO) to taste like the above natural sweeteners

- Acesulfame K (Sweet One, Sunett)
- Aspartame (Equal, Nutrasweet)
- Saccharine (Sweet N'Low)
- Stevia, white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)



FATS & OILS

what you need to know

WHICH TO EAT

SATURATED - IDEAL FOR HOT USES

PLANT SOURCES *Organic, unrefined forms are ideal*

Coconut Oil

Palm oil *from sustainable source*

ANIMAL SOURCES *pasture raised/grass-fed & organic sources are ideal*

Butter, ghee/clarified butter

schmaltz (chicken fat)

Duck fat

tallow

Lamb Fat

Lard

UNSATURATED- IDEAL FOR COLD USES

Organic, extra-virgin, & cold-pressed forms are ideal

Avocado oil

Nuts & seeds (including nut & seed butters)

Nut oils (walnut, pecan, macadamia)

Flaxseed oil (higher in polyunsaturated fatty acids

Olive oil

so consume in limited amounts)

Sesame Oil

Note: Unsaturated fats- often called oils as listed above - are typically liquid at room temperature and are easily damaged (oxidized) when heat is applied to them. You do not want to consume damaged fats; therefore, cooking in these fats is not recommended

WHICH TO ELIMINATE

SATURATED

Man-made fats are never healthy. Trans fats and hydrogenated oils are particularly harmful

Buttery Spreads, including oil blends like Earth Balance, Benecol, and I Can't Believe it's not butter

Hydrogenated or partially hydrogenated oils

UNSATURATED

These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat. Consuming oxidized oils is never healthy.

Canola oil (rapeseed oil)

Corn oil

Grapeseed oil

Rice bran oil

Safflower oil

Soybean oil

Sunflower oil

Vegetable oil

VERY STABLE

Ideal for
Cooking

Coconut Oil

Butter/Ghee

Cocoa Butter

Tallow/suet (beef fat)

Palm oil *from sustainable
source*

lard/bacon fat

duck fat

MODERATELY STABLE

Best Cold

Avocado Oil*

Macadamia Oil*

Olive Oil*

Rice Bran Oil*

LEAST STABLE

Not
Recommended

Safflower Oil**

Sesame seed oil**

Canola oil**

Sunflower Oil**

Vegetable shortening**

Corn Oil**

Soybean oil**

Walnut Oil**

Grapeseed Oil**

* While not recommended for cooking, cold pressed nut & seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed, for flavor

** These oils are not recommended for consumption, whether hot or cold, but are listed here for your references, as they are commonly used.