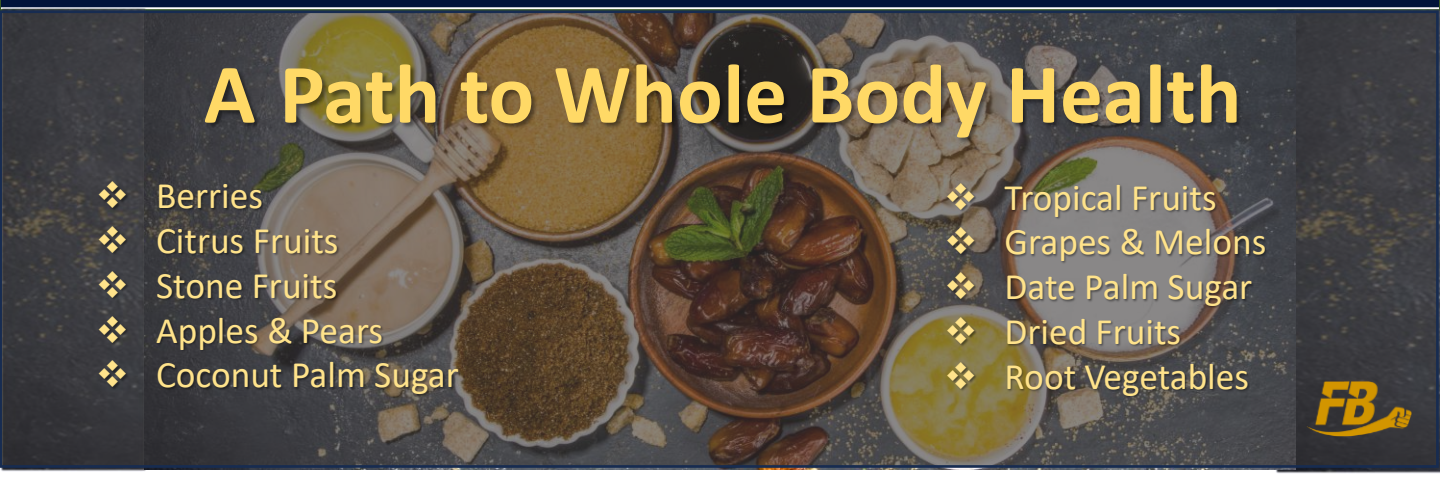
FightBack FOODS

SWEET SPECTRUM

Try Eating Lower Glycemic!

Redefining Health. Reimagining Wellness. Volume 80123 1.1



A Path to Whole Body Health

- Berries
- Citrus Fruits
- Stone Fruits
- Apples & Pears
- Coconut Palm Sugar
- Tropical Fruits
- Grapes & Melons
- Date Palm Sugar
- Dried Fruits
- Root Vegetables

Monk Fruit, Date Palm & Coconut Palm Sugars and Honey have Lower Glycemic Indexes with a Sweet Punch!

Monk Fruit

(Luo Han Guo extract)

Lower/No Calorie

Monk Fruit's natural intensely sweet compounds called mogrosides, have low calories and carbohydrates, making monk fruit a popular alternative sweetener to reduce sugar intake.

Date Palm Sugar

Lower Glycemic

Date palm sugar, is derived from the sap of date palm trees. It typically has more calories compared to other natural sweeteners due to its carbohydrate content.

Taste the sweetness naturally!

JUST ADD TO

Coconut Palm Sugar

Lower Glycemic

Coconut palm sugar is a natural sweetener with slightly more calories than raw honey. It is a bit higher in calories due to its carbohydrate content.

Raw Honey

Lower Glycemic

(consume in moderation)

Raw honey is a natural sweetener with a lower glycemic index compared to refined sugars, but it should be consumed in moderation due to its carbohydrate content.

- TEAS & COFFEES
- SWEETEN SAUCES
- BAKING & DESSERTS
- GRILLED MEATS & FISH
- UNSWEETENED CERALS

FRESH FIRST!
THEN FIGHTBACK!

SCAN ME

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Selecting any sugars should consider calories, taste, nutrients, vitamins, digestive benefits, glycemic index and personal health.

The relationship between sugar consumption and cancer is a topic of ongoing research, and the impact of sugar on cancer is complex and not fully understood.

Here's what is known:

5 POTENTIAL IMPACTS OF SUGAR RELATED TO CANCER

1. ***Insulin and Growth Factors:*** Consuming excess sugar can lead to high levels of insulin in the body. Insulin is a hormone that helps regulate blood sugar levels, but it also has growth-promoting effects. High insulin levels may potentially support the growth of cancer cells.
2. ***Inflammation:*** A diet high in added sugars and refined carbohydrates can contribute to chronic inflammation, potentially playing a role in the development of many chronic diseases, including cancer.
3. ***Obesity:*** Excessive sugar consumption is a contributor to obesity, and obesity is a known risk factor for several types of cancer, including breast, colorectal, and endometrial cancers.
4. ***Cellular Signaling:*** Some research suggests that high sugar intake may impact cellular signaling pathways that are related to cancer development and progression.
5. ***Carcinogens Formation:*** High heat cooking of foods containing sugars (*such as grilling meats with sugary sauces or marinades*) can lead to the formation of compounds called advanced glycation end products (AGEs), which may have implications for cancer risk.

However, it's important to note that:

- ***Causation vs. Correlation:*** While there is some evidence suggesting a link between high sugar intake and cancer risk factors, establishing a direct causal relationship is challenging due to the presence of other confounding factors such as overall diet, lifestyle, genetics, and individual circumstances.
- ***Dose and Context Matter:*** The impact of sugar on cancer risk is likely influenced by the type and amount of sugar consumed, as well as individual overall dietary habits, physical activity, and genetics.
- ***Types of Sugars:*** Not all sugars are equal in terms of potential health impact. Naturally occurring sugars in whole foods like fruits come packaged with fiber, antioxidants, and other nutrients, which can mitigate some potential negative effects. *We have also included information re: Sugar Alcohols on page 4 of this infographic.*

LIMIT EXCESS ADDED SUGARS | **SEEK OUT NATURAL SUGARS**

It's advisable to maintain a balanced and healthy diet that includes a variety of nutrient-rich foods and limits excess added sugars. Reducing consumption of sugary foods & beverages and focusing on whole foods like vegetables, fruits, whole grains, lean proteins, and healthy fats is generally recommended for overall health and possibly reducing cancer risk. If you have specific concerns about sugar consumption and cancer, it's best to consult with a healthcare professional who can provide personalized advice based upon your individual health history and circumstances.

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Selecting any sugars should consider calories, taste, nutrients, vitamins, digestive benefits, glycemic index and personal health.

Ranking sugars, syrups, and sweeteners comprehensively from least healthy to most healthy is a complex task that involves considering multiple factors. Here's a general spectrum to consider based upon calories, nutrients, digestive benefits, and glycemic index:

LEAST HEALTHY	LESS HEALTHY	MODERATE HEALTHY	MORE HEALTHY	MOST HEALTHY
White Sugar	Cane Sugar	Agave Nectar	Maple Syrup	Coconut Sugar	Stevia
					
High Fructose Corn Syrup	Brown Sugar	Brown Rice Syrup	Raw Honey	Molasses	Date Palm Sugar	Monk Fruit

CALORIES

HIGHLY PROCESSED

	TSP
High Fructose Corn Syrup	19 cal.
White Sugar	16 cal.
Brown Sugar	15 cal.
Brown Rice Syrup	22 cal.
Cane Sugar	16 cal.
Agave Nectar	21 cal.
Maple Syrup	17 cal.
Molasses	20 cal.
Coconut Sugar	15 cal.
Date Palm Sugar	11 cal.
Raw Honey	11 cal.
Stevia	0 cal.
Monk Fruit	0 cal.

LEAST PROCESSED / RAW or NATURAL

Try Targeting the "Sweet Spot"!

Consider calorie quality (**processing**) and density, nutritional properties, and glycemic index all in balance.

NUTRIENTS

MINIMAL/NONE

- High Fructose Corn Syrup
- White Sugar
- Cane Sugar

TRACE/SOME

- Brown Rice Syrup (Traces potassium & magnesium)
- Brown Sugar (Trace minerals from Molasses)
- Agave Nectar (Trace Vitamins & Minerals)
- Raw Honey (Minerals, Vitamins, Antioxidants)
- Maple Syrup (Trace minerals & Antioxidants)
- Molasses (Iron, Potassium & Other Minerals)
- Coconut Sugar (Some minerals & Antioxidants)
- Date Palm Sugar (Potassium, Magnesium & Iron)
- Stevia (Some Antioxidant Compounds)
- Monk Fruit (Antioxidant Compounds)

GLYCEMIC

	GI *
HIGHER *	
Brown Rice Syrup	70 to 98
High Fructose Corn Syrup	58 to 89
White Sugar	58 to 84
Brown Sugar	64 to 70
MODERATE *	
Cane Sugar	55 to 65
Raw Honey	58 to 64
Maple Syrup	54 to 60
Molasses	55 to 65
LOWER *	
Coconut Sugar	50 to 54
Date Palm Sugar	35 to 55
Agave Nectar	15 to 30
ZERO	
Stevia	Below 0
Monk Fruit	Below 0

* *In general; Varies by Sources*

Understanding GI numbers:

Low GI: 1 to 55. Medium GI: 56 to 69. High GI : **70 to 100.**

Remember that individual preferences and health needs vary. While this FightBack Foods sugar and sweetener spectrum provides a general guideline, the best approach is to reduce overall added sugar intake and choose sweeteners with minimal processing, lower glycemic impact, and potential health benefits, in moderation. Consulting a healthcare professional or registered dietitian can help you make the best choices for your specific situation.

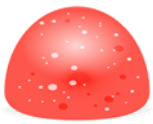
FIGHTING THE GOOD FIGHT

Nutrition Naturally!

There is a difference between simple and complex sugars, and it primarily relates to how the body digests and uses these sugars.

SIMPLE SUGARS: ***Monosaccharides:*** The simplest form of sugars which cannot be broken down further. The three most common monosaccharides are ***glucose, fructose,*** and ***galactose.*** ***Disaccharides:*** These sugars are formed when two monosaccharides become bonded together. Common disaccharides include ***sucrose*** (*glucose + fructose*), ***lactose*** (*glucose + galactose*), and ***maltose*** (*glucose + glucose*). Simple sugars are quickly and easily absorbed by the body as they require minimal digestion and tend to have a sweeter taste. *They are found in foods like table sugar, fruit, and milk, yet can lead to rapid blood sugar level spikes.*

COMPLEX SUGARS: ***Polysaccharides:*** Complex sugars are monosaccharides chains linked together. ***Starch*** and ***glycogen*** are types of polysaccharides, which require more time and energy to break down. They are found in foods like grains, legumes, potatoes, and some vegetables. Complex sugars are less sweet with a slower, more sustained release of energy. *They are not known to cause rapid spikes in blood sugar levels.*



LESS HEALTHY

Glycemic Index:	5 TYPES OF SUGARS TO CONSIDER AVOIDING IN A PURPOSE-driven DIET
70 to 98	***Brown Rice Syrup:*** ***Glucose:*** 50% to 85%. ***Maltose:*** 10% to 25%. Trace amounts of *Fructose* and *Sucrose.*
58 to 89	***High Fructose Corn Syrup (HFCS - 55):*** ***Fructose:*** 55% ***Glucose:*** 42%. Trace amounts of maltose and other sugars.
58 to 89	***High Fructose Corn Syrup (HFCS - 42):*** ***Fructose:*** 42% ***Glucose:*** 53% Trace amounts of maltose and other sugars.
58 to 84	***White Sugar:*** ***Sucrose:*** 99.9%. Trace amounts of glucose, fructose, and maltose present in very minimal amounts; less than 0.1% each.
64 to 70	***Brown Sugar:*** ***Sucrose:*** 95% to 97%. ***Molasses:*** 3% to 5% Molasses is a brown sugar production byproduct with glucose and fructose.

Sugar Alcohols are a Group of Sugar Substitutes

Sugar Alcohols (E.g., *xylitol, erythritol, mannitol*) are commonly used as sugar substitutes in various low-calorie and sugar-free products. They provide sweetness with fewer calories and a lower impact on blood sugar levels, making them suitable for people with diabetes or those looking to reduce their sugar intake.

- **Maltitol:** Higher GI compared to other Sugar Alcohols; Sugar substitute for sugar-free products. GI of 35 to 52.
- **Sorbitol:** Moderate GI; Used in sugar-free ("no sugar added") products; potential digestive issues. GI of 9 to 12.
- **Xylitol:** Lower GI; Better option for those concerned about blood sugar; generally well-tolerated. GI of 7 to 13.
- **Mannitol:** Lowest GI; May cause digestive discomfort when consumed in large amounts. GI of 0 to 1.
- **Erythritol:** Lowest GI; Little impact on blood sugar levels. Well-tolerated; usually well-tolerated. GI of 0 to 1.

However, excessive consumption of sugar alcohols can lead to digestive issues like gas, bloating, and diarrhea, and some individuals may be more sensitive to these side effects than others. Therefore, it's important to use sugar alcohols in moderation and be mindful of their potential gastrointestinal effects.