

Challenge Guidelines

Foods to Include	Foods to Avoid
<p>Vegetables</p> <p>Lemons, limes, grapefruit</p> <p>Green apples Underripe bananas } Max 2 pieces per day</p> <p>Eggs Meat Seafood</p> <p>Dairy products (and their non-milk alternatives)</p> <p>Nuts & seeds: whole, cold-pressed oils, butters, flours</p> <p>Fats / Oils: olive oil, avocado oil, coconut oil, butter, ghee, animal fats</p> <p>Vinegars Spices & herbs</p> <p>Whole grains & legumes: 100% whole wheat, rice, quinoa, oats, black beans, chickpeas, etc. } Max 1 cup / 2 servings per day</p> <p>Coffee & tea</p> <p>Still & sparkling water (unsweetened only or "with aroma")</p> <p>Kombucha Coconut water } Max 1 cup / 250mL per day</p>	<p>Products that are less than 100% whole grain</p> <p>All other fruits & fruit juices, dried fruit</p> <p>Deep fried foods</p> <p>Sweeteners and any food product containing them (including "natural" sweeteners like honey, maple syrup, agave, stevia, etc.)</p> <p>Artificial sweeteners and any food product containing them (often called "diet" or "sugar free")</p> <p>Soda (including light/sugar-free versions)</p>

The many names of sugar

Reading food labels can be tricky, and even harder still can be identifying sugar and sweeteners in the list of ingredients. There is an incredible number of different names sugar and sweeteners can be hiding under!

Look out for:

- Acesulfame K / acesulfame potassium (Sweet One, Sunett)
- Agave
- Agave nectar
- Aspartame (Equal, NutraSweet)
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown rice syrup
- Brown sugar
- Buttered syrup
- Cane crystals
- Cane juice / crystals
- Cane sugar
- Caramel
- Carob syrup
- Coconut nectar
- Coconut sugar / crystals
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dates
- Date sugar
- Date syrup
- Dehydrated cane juice
- Demerara sugar
- Dextran
- Dextrin
- Dextrose
- Diastase
- Diastatic malt
- Ethyl maltol
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High-fructose corn syrup
- Honey
- Inulin
- Invert sugar
- Jaggery
- Lactose
- Levulose
- Light brown sugar
- Maltitol
- Maltodextrin
- Maltose
- Malt syrup
- Mannitol
- Maple syrup
- Molasses
- Monk fruit (luo han guo)
- Muscovado sugar
- Palm sugar
- Panela
- Panocha
- Rapadura
- Raw cane sugar
- Raw sugar
- Refined sugar
- Rice bran syrup
- Rice syrup
- Saccharine (Sweet'N Low)
- Saccharose
- Sorbitol
- Sorghum
- Sorghum gum
- Sorghum syrup
- Stevia (green leaf, extract, white/bleached, Truvia, Sun Crystals)
- Sucanat
- Sucralose (Splenda)
- Sucrose
- Sugar
- Sugar alcohols (e.g. erythritol, maltitol, mannitol, xylitol, etc.)
- Swerve
- Syrup
- Tagatose
- Treacle
- Turbinado syrup
- Yacon syrup
- Yellow sugar