# Sugar Suppresses Immunity

#### Reasons to avoid sugar and sugar-containing foods & beverages:

- 1. Sugar increases inflammatory lab markers like C-reactive protein (CRP) & Erythrocyte sedimentation rate (ESR)
- 2. Increased inflammation contributes to Diabetes, Cardiovascular Disease & Obesity- all COVID-19 risk factors
- 3. Pathogens (viruses, bacteria, fungi, and parasites) all use sugar as their food source which promotes growth
- 4. Increased sugar intake can lead to weight gain, increases cravings, joint pain, brain fog, fatty liver, diabetes, and on and on...
- 5. Sugar is an anti-nutrient which leaches nutrients from the gut. This inflames the gut, causes imbalance in the microbiome & reduces immune function (most of your immune system is actually located in your gut!)

# FOODS THAT CONTRIBUTE TO INFLAMMATION

Luga

(read labels, avoid added sugars)

## SUGARS

Sugar Corn syrup in any form Fructose Dextrose/dextrin Agave Fruit juice Honey Malt Molasses Ends with "syrup" Sucrose Any word ending with "-ose"

## PROCESSED FOODS

Yogurts (choose those with <15 g carbs) Cereal/oatmeal/granola (choose unsweetened versions) Any dessert or candy Soups Salad dressings Sauces Prepared meals/frozen meals Protein bars Food from most restaurants Lunchmeats Condiments Nut butters

# DRINKS

Soda/pop Fruit juice Sweet tea Dairy alternatives (sweetened varieties) Alcoholic mixed drinks with Sugar Protein powders Smoothies (make your own!) Coffee house type drinks

# ANTI-INFLAMMATORY FOODS

#### WHOLE FOODS

Fish, poultry, beef, lamb, pork, etc. Eggs Fish & seafood Tofu & tempeh Dairy products (if they don't cause you trouble!) Non-starchy vegetables (should be 50% of your plate!) Starchy vegetables (potatoes, yams, root veggies, corn, etc.) Whole grains Legumes/beans Fruit (1-2 servings daily) Nuts & Seeds Healthy fats (oils, butter/ghee, olives, avocado, coconut, etc.)

#### SIMPLE INGREDIENT LISTS

(only consume what's allowed on your diet)

Try not to feel overwhelmed, follow these common sense guidelines:

- Aim to eat great 80% of the time, there is no perfect!
- Cooking from scratch using whole foods gives you control of ingredients
- Healthy processed foods exist, just read the labels and compare products, including the ones mentioned above
- You aren't expected to never have a sweet food again- occasional, reasonable amounts are fine if the rest of your diet is great
- Sweet foods that are OK: fruit, 1 oz. dark chocolate, stevia/erythritol/monk fruit if tolerated in small amounts
- See a dietitian if you need help

# DRINKS

Water; filtered, sparkling, or mineral Bone Broth Coconut water Tea; black, green, herbal Coffee (if caffeine tolerated) Fresh juiced fruits and vegetables (these will be high in carbs but on occasion ok if no sugar added) Nut/seed milk alternatives (unsweetened)



