



Bighorn Peak Nutrition & Strength

Quick Sugar Facts:

Sugar/Sweeteners:

CHOOSE:

1. "Stevia/Pyure drops" (NOT in the RAW - dextrose)
2. "Monk Fruit" or "Date Sugar/Syrup"
3. "Natural Plant Based"
4. "Coconut Sugar/Nectar"
5. "Erythritol" (doesn't taste great & can cause stomach aches)
6. "Swerve" (cooling effect on tongue)
7. "Sukrin Gold" (granulated or brown sugar replacement)
8. "Great Value Organic Coconut Sugar"
9. "Raw Honey"
10. "100% Pure Maple Syrup"

AVOID: Sugar/sweeteners can cause obesity, diabetes, fuels cancer cells, it destroys gut bacteria & suppresses the immune system.

1. *"Aspartame" (aka Equal, NutraSweet & Canderel):*
 - Breathlessness, elevated blood pressure, & skipped or racing heartbeat.
 - 200x sweeter than table sugar (sucrose)
 - Gastrointestinal issues like diarrhea & abdominal pain
 - Behavioral & cognitive problems: learning problems, headache, seizure, migraines, irritable moods, anxiety, depression, & insomnia.
 - May cause cancer
 - Commonly found in:
 - a. Beverages: Diet, Sugar-free
 - b. Processed Foods
 - c. Dairy Products
 - d. Sweeteners
 - e. Gum & Mints
 - f. Cereal
 - g. Condiments
2. *"Sucralose" (aka Splenda):*
 - Man-made sugar
 - Excessive amounts can have harmful effects on your metabolism & health.
 - Gastrointestinal issues, headaches, & dizziness.
 - 600x sweeter than table sugar (sucrose)
 - Tricks your brain into craving MORE sugar.
 - Most ingested is NOT metabolized by the body.
 - Commonly found in:

- a. Beverages (ex) Pre-Workout & Energy drinks
 - b. Baked goods
 - c. Confections
 - d. Dairy Products
 - e. Processed Foods
 - f. Protein Products
3. *"Cane Sugar:"*
- Excessive amounts can have negative health effects like weight gain, heart disease, & type 2 diabetes.
 - It doesn't matter if it is "raw" or "organic," it is still like refined sugar.
 - Commonly found in:
 - a. Drinks
 - b. Desserts
4. *"Sugar in the Raw:"*
- Less processed & has some natural molasses but is still primarily sucrose.
 - Excessive amounts can cause health issues like weight gain, diabetes, & heart disease.
 - Commonly used for baking, coffee, & teas.
5. *"Xylitol:" (aka Wood Sugar, Birch Sugar, Birch Bark Extract)*
- Naturally found in many fruits & vegetables; also used in gum, candy, baked goods & other products labeled as "sugar-free" or "calorie-free."
 - A sugar alcohol that looks & tastes like sugar but has fewer calories & doesn't raise blood sugar levels.
 - Excessive amounts can cause abdominal gas & increase the risk of cardiovascular issues.
6. Hidden Sugar Ingredients or Ingredients that Mimic Sugar:
- Agave nectar or syrup
 - Anhydrous dextrose
 - Barbados sugar
 - Barley malt
 - Barley malt syrup
 - Beet sugar
 - Brown sugar
 - Buttered syrup
 - Cane juice
 - Cane juice crystals
 - Cane sugar
 - Caramel
 - Carob syrup
 - Castor sugar
 - Coconut palm sugar
 - Coconut sugar

- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- D-ribose
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Dextrose Maltose
- Diastatic malt
- Diastase
- Ethyl maltol
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Fruit puree
- Galactose
- Glucose
- Glucose syrup solid
- Golden sugar
- Golden syrup
- Grape sugar
- High-fructose corn syrup
- Honey
- Icing sugar
- Isoglucose
- Invert sugar
- Malt
- Malt syrup
- Maltodextrin
- Maltol
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Nectar
- Palm sugar
- Pancake syrup

- Panela
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Sweet sorghum
- Syrup
- Table sugar
- Treacle
- Turbinado sugar
- White granulated sugar
- Yellow sugar

Honey:

CHOOSE:

1. "Raw/Local," has lots of nutrients.

AVOID:

1. "Pasteurized," has no nutrients, clear and pourable because it was heated.
2. "Agave," has Fructose.

Maple Syrup:

CHOOSE:

1. Real, "100% pure maple syrup" from Canada or Vermont. It has one ingredient, has a low GI score, and contains nutrients.

AVOID: Syrups that have high amounts of corn syrup and artificial flavors. They are less nutritious and high in added sugar.

1. "Mrs. Butterworth's"
2. "Log Cabin"
3. "Aunt Jemima"
4. "Hungry Jack"