The Sugar Impact Scale

Grains, Legumes, Nuts & Seeds

LOW SUGAR IMPACT

Lentils
Black Beans
Black turtle beans
Boston navy beans
Broad beans
Cannellini beans
Chickpeas
Fava beans
French green beans
Great Northern beans
Green beans
Kidney beans
Lima beans
Mung beans
Pinto beans
Wax beans
Quinoa
Hummus
Wild rice
Groats
Long Cooking Oatmeal – rolled or steel cut
Shirataki noodles
Lentil soup
Chili - homemade, no sugar added
Coconut wraps
Coconut flour
Dehydrated unsweetened coconut
Roasted chestnuts
Almond flour
Pumpkin seeds
Sunflower seeds
Flax seeds
Chia seeds
Sesame seeds
Hemp seeds
Pecans
Brazil nuts
Cashews
Hazelnuts
Macadamia nuts
Walnuts
Almonds
Pine Nuts
Pistachios
Poppy seeds
Peas
Unsweetened nut butters
Peanuts - *Ideally, choose tree nuts rather than peanuts for their superior fatty acid profile and lower allergenicity potential

MEDIUM SUGAR IMPACT

Rice pasta
Arrowroot*
Amaranth
Buckwheat
Millet
Rice tortillas
Sprouted whole grain breads
Brown rice
Fermented soy
Ezekial Sprouted Cereal
Quinoa flakes
Quinoa pasta
Chili - store bought, sugar added
Amaranth, rice, millet or buckwheat flour
Garbanzo flour
Quinoa flour
Fava bean flour
Black bean flour
Rice crackers
Rice chips
Bean chips
Lentil chips
Nut chips
Cassava flour

*note if a small amount is used in a recipe, i.e. 1 tablespoon for 4 servings, this is safe for Cycle 2

HIGH SUGAR IMPACT

Gluten free flour blend
Mung bean noodles
Honey roasted peanuts
Cornstarch
Potato starch
Glazed nuts
Sweetened nut butters
Instant oatmeal
Instant rice
Baked beans
Puffed rice, puffed millet
Rice cakes
Polenta
Corn
Cornbread
Wheat bread
Pasta
Tortillas
Couscous
Soy cheese
Muffins
White flour
Cakes & Pies
English muffins
Scones
Biscotti
Cream of Wheat
Pop-tarts
Grits
Macaroni and Cheese
Matzoh
Pita
Risotto
Muesli
Quick breads
Sugar cereals
Barley
Farro
Graham crackers
Water crackers
Animal crackers
WASA crackers
Oyster crackers
Popcorn
Corn Tortillas & Corn Chips
Cookies
Crackers
Edamame - This is low sugar, but high in lectins that can cause leptin resistance, choose only organic fermented soy.

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Roots & Vegetables

LOW SUGAR IMPACT	MEDIUM SUGAR IMPACT	HIGH SUGAR IMPACT
Broccoli	Yams	Potato chips
Cauliflower	Sweet potatoes	Root veggie chips
Peppers	Beets	White potatoes
Mushrooms	Parsnips	Carrot juice
Lettuces	Rutabaga	Beet juice
Zucchini	Plantain	French fries
Bok choy		Sweet potato fries
Asparagus		Mashed potatoes
Cabbage		
Radish		
Eggplant		
Artichoke		
Spinach		
Kale		
Watercress		
Mustard greens		
Chard		
Cucumber		
Brussels sprouts		
Celery		
Radicchio		
Okra		
Sprouts		
Escarole		
Onions		
Leeks		
Snow peas		
Sugar snap peas		
Spaghetti squash		
Kale chips		
Maca		
Carrots		
Pumpkin		
Acorn squash		
Butternut squash		
Kabocha squash		
Jicama		
Water chestnuts		
Ginger Root		
Turnips		

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Fruits

LOW SUGAR IMPACT

Blueberries
Strawberries
Raspberries
Cranberries
Guava
Grapefruit
Cantaloupe
Nectarines
Peaches
Starfruit
Persimmon
Oranges
Acai berries (no sugar added)
Olives*
Tomatoes*
Gazpacho*
Limes*
Lemons*
Avocado*

* 0-1 grams fructose –safe for Cycle 2

MEDIUM SUGAR IMPACT

Papaya
Bananas
Honeydew
Kiwi
Plums
Apricots
Tangerines
Tomato juice
Tomato paste
Tomato sauce
Cherries
Pomegranate
Fresh Figs
Apples
Pears
Dates
Grapes
Mango
Watermelon
Pineapple
Sundried tomatoes
V8 Juice

HIGH SUGAR IMPACT

All dried fruit
Fruit leather
Fruit juices
Jams
Preserves and conserves
Nectar
Sorbet
Fruit juice concentrates
Canned fruit cocktail
Fruit juice Popsicles

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The Sugar Impact Scale

Low-Fat and No-Fat Dairy & Diet Foods

LOW SUGAR IMPACT

No sugar added coconut, cashew or almond milk
Organic plain full fat Greek style yogurt
Plain cultured coconut yogurt (no sugar)
Full fat plain cottage cheese
Organic creamer
Plain dairy or coconut kefir
Flax milk - unsweetened
Full fat cheeses (avoid blue cheese due to gluten)
Monkfruit sweetened coconut ice cream
Full fat cream cheese
Ricotta cheese
Mozzarella
Protein Powder (following my parameters)
No sugar added coconut creamer
No sugar added cultured coconut milk
Nut cheese

MEDIUM SUGAR IMPACT

Full fat grass fed milk
Full fat organic milk
Unsweetened rice milk
Organic low fat or nonfat plain Greek-style yogurt
Plain coconut yogurt, sweetened
Sweetened coconut milk creamer
Half & half
Low fat cream cheese spread
Cream cheese spread
Whipped cream cheese
Neufchatel cheese
Soy cheese
Part skim mozzarella
Low fat cheese
Part skim ricotta

HIGH SUGAR IMPACT

Pineapple cottage cheese
Strawberry cream cheese
Sweetened coffee creamers
Hot cocoa
Sweetened whipped cream
Non-fat cheeses
Blue cheese
Nonfat cream cheese
Reduced fat peanut butter
Granola bars
Protein bars
Dried fruit snacks
Reduced fat macaroni and cheese
Low fat Oreos
Low fat and fat free cookies
Low/Reduced fat crackers
Fat free pudding
Fat free muffins
Pretzels
Reduced fat Pringles
Low fat graham crackers
Snack packs
Fat free Twizzlers
Reduced fat crackers
Nestle's Quik
Carnation Instant Breakfast
Low fat or Fat free Ice cream
Low fat or Fat free ice cream bars
Fat free sugar free Jello
94% fat free microwave popcorn
Low fat or Lite Frozen Dinners
Lite Cool Whip
Ensure
Flavored coconut yogurt
Flavored almond milk yogurt
Breakfast bars
Fat free baked chips
Snackwells low fat and fat free cookies and treats
Fruit added cream cheese
Nonfat cream cheese
94% fat free microwave kettle corn
Whey protein

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The Sugar Impact Scale

Dressings

LOW SUGAR IMPACT	MEDIUM SUGAR IMPACT	HIGH SUGAR IMPACT
Mustard	Fish sauce	BBQ sauce
Salsa	Italian dressing	Balsamic vinegar
Tabasco	Green curry sauce	Balsamic vinaigrette
Vinegar	Red curry sauce	Marinara sauce (sugar added)
Coconut aminos	Caesar dressing	Teriyaki sauce
Hot sauce	Marinara sauce (no sugar added)	Worchestershire sauce
Nutritional Yeast	Pickle relish	Steak sauce
Olive oil	Sweet pickle relish	Hoisin Sauce
Macadamia nut oil	Sweet pickles	Sweet chili Sauce
Red Malaysian palm fruit oil	Bread & butter pickles	Brown sauce
Sesame oil	Tomato sauce	French dressing
Walnut oil		Raspberry vinaigrette
Avocado oil		Asian dressing
Tapenade		Honey mustard
Olives		Honey mustard dressing
Pesto		Ketchup
Sour dill pickles		Tartar sauce
Checca Sauce		Blue cheese dressing
Wheat free tamari*		Ranch dressing
Bragg's Liquid Aminos*		Thousand Island
		Catalina Dressing
*if not intolerant to soy		Cocktail sauce
		Hot and Sour sauce
		Peanut sauce

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Drinks

LOW SUGAR IMPACT

Green tea (no sugar added)
Unsweetened fruit essence teas
Teecino
Hint water
Water
Sparkling mineral water
Organic coffee and decaf coffee
All teas
Green drinks* (greens only no fruit, carrot or beet added)

*Do not drink on their own – add fiber (and preferably protein)

MEDIUM SUGAR IMPACT

Dry red wine
Dry white wine
Gluten-free beer
Tequila
Vodka
Gin
Tomato juice
V8 (not with fruit juice)
Kombucha tea (no sugar added)

HIGH SUGAR IMPACT

Beer
Wines – sweet, dessert
Champagne
Port
Mixed drinks
Rum
Brandy
Soda
Diet soda
"Enhanced" waters (that have sweeteners)
Fruit juices
Carrot juice
Sweet tea
Commercial "smoothies"
Fuze
Gatorade
Sobe
Vitamin Water
Rockstar
PowerAde
Coconut water
Kool-Aid
Crystal Light
Capri Sun
Nestle's Quik
Carnation Instant Breakfast
Slim Fast

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Sweeteners and Added Sugars

LOW SUGAR IMPACT

Monk fruit
Stevia
Xylitol
85% dark chocolate*
100% dark Chocolate
Raw Cacao (powder and nibs)
Erythritol
Chicory
Inulin

*Stay off in Cycle 2 unless made with low SI sweetener

MEDIUM SUGAR IMPACT

Glucose (non GMO)
Rice syrup
Cane syrup (non GMO)
Raw brown sugar (nonprocessed)
70% or higher dark chocolate
Coconut sugar
Local organic raw honey
Blackstrap molasses
Sorbitol
Mannitol
Coconut palm sugar

HIGH SUGAR IMPACT

Agave
Honey (processed)
Maple syrup
Molasses
Fruit juice concentrate
Processed brown sugar
Aspartame
Neotame
Cyclamates
Splenda
Sucralose
Acesulfame-K
Saccharin
Milk chocolate
<70% dark chocolate
Maltodextrin
Crystalline fructose
HFCS (High Fructose Corn Syrup)
Corn syrup
Caramel sauce
Chocolate syrup
Candy
Marshmallows
Licorice

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