



# Avoid Sweeteners

Sweetener drives insulin levels, so it's best to avoid all sweeteners - even the natural ones!



In our experience the majority of clients that continue to use sweeteners (both sugar and low-calorie sweeteners - natural or artificial) have trouble losing weight. This is especially true for individuals struggling with obesity, diabetes, polycystic ovarian syndrome (PCOS), and nonalcoholic fatty liver disease (NAFLD). Replacing sugar with a low-calorie sweetener sounds like a good idea, but the bottom line is that it just doesn't help people lose weight. These artificial sweeteners have been heavily used for decades. We have not yet met anybody who switched to sweeteners and lost much weight.

Low calorie sweeteners, including stevia, don't contain many calories but still stimulate insulin, which drives weight gain. Further, it may make cravings worse and stimulate the appetite, sabotaging weight loss efforts. This is especially important on fasting days, where the goal is to drive insulin levels down.

**Don't take sweeteners routinely, but there may be certain situations where you can be flexible:**



**Holiday Baking**



**Special Occasions**



**Weekly or Monthly Treats**

## Artificial & Natural Sweeteners to Avoid:

- Acesulfam-K
- Agave
- Allulose
- Artificial Sweeteners (Aspartame, Acesulfame K, Saccharin, Sucralose, Splenda, etc.)
- Aspartame
- Beet Sugar
- Candy
- Cane Sugar
- Coconut Palm Sugar
- Erythritol (Swerve)
- Fructose
- High Fructose Corn Syrup
- Honey
- Malt
- Maple Syrup
- Monk Fruit
- Sucralose
- Stevia
- Xylitol