

Be a SUGAR SLEUTH!



- 1 There are only two types of sugars found naturally in foods; fructose (found in fruit) and lactose (found in milk).
- 2 Eating sugar that comes from natural sources like fruits (fresh, frozen and dried), vegetables, whole grains and dairy is an eating pattern you can feel comfortable about.
- 3 Naturally sweet foods give you energy-rich carbohydrates and are loaded with health-supportive vitamins, minerals, fiber, antioxidants and phytochemicals.
- 4 Foods that have added sugar, typically have empty calories, can contribute to weight gain and add no quality nutrients to your diet.
- 5 Added sugar is ANY sugar added to food or beverages during processing or preparation.
- 6 Sugar and cancer is complicated, and statements like “sugar makes breast cancer grow”, “sugar makes breast cancer come back”, or “sugar causes breast cancer” oversimplify the complexity.
- 7 Some studies show that eating added dietary sugar has a significant impact on the development of breast cancer, but the data is inconsistent and the way it happens is unclear.
- 8 One suggested way that sugar impacts breast cancer is through inflammation, but it’s important to know that current research shows sugar does not directly cause breast cancer, rather, it exerts influence on a particular signal and pathway involved in furthering its development.
- 9 Sugar does feed cancer cells plus ALL of your other cells. Every cell in your body uses glucose (the “broken down” form of carbohydrate) for energy. Even on a no/low carbohydrate diet, your body transforms protein and fat into glucose (blood sugar) to support the function of your brain (which can use ONLY carbohydrate for energy) and all your other tissues.
- 10 Because cancer cells are especially “hungry & hyperactive”, they guzzle glucose more quickly than non-cancerous cells. With the help of a radioactive compound SIMILAR to glucose that allows detection of the metabolic activity (hungriness and hyperness) of cancer cells, medical professionals can see this phenomenon during a PET (Positron Emission Tomography) scan.
- 11 Cells use sugar like cars use gasoline. Normal cells use a reasonable amount of gas, but because cancer cells divide at faster rates than normal cells, they’re gas (sugar) guzzlers.



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Knowing whether or not a food contains ADDED sugar can be confusing.

Use the following list as a reference when purchasing your favorite foods; if you see any of these listed on an ingredient label, you'll know sugar has been ADDED.

<i>Corn sweetener</i>	<i>Maltose</i>
<i>Corn syrup</i>	<i>Malt syrup</i>
<i>Corn syrup solids</i>	<i>Maple syrup</i>
<i>Dextrin</i>	<i>Molasses</i>
<i>Dextrose</i>	<i>Raw sugar</i>
<i>Evaporated or dehydrated cane juice</i>	<i>Rice syrup</i>
<i>Fructose</i>	<i>Saccharose</i>
<i>Fruit juice concentrate</i>	<i>Sorghum or sorghum syrup</i>
<i>Glucose</i>	<i>Sucrose</i>
<i>High-fructose corn syrup</i>	<i>Syrup</i>
<i>Honey</i>	<i>Treacle</i>
<i>Invert sugar</i>	<i>Trehalose</i>
<i>Lactose</i>	<i>Turbinado sugar</i>
<i>Maltodextrin</i>	<i>Xylose</i>



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