

THE NEW SUGAR BUSTERS!®

SHOPPER'S GUIDE

H. LEIGHTON STEWARD
MORRISON C. BETHEA, M.D.
SAMUEL S. ANDREWS, M.D.
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BALLANTINE BOOKS

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Introduction

The authors of *Sugar Busters!: Cut Sugar to Trim Fat* have developed the *Sugar Busters! Shopper's Guide* to help you make better selections in your local grocery store, supermarket, and delicatessen, and how to make better selections when eating out. Many of you have voiced to us frustrations concerning which items are best for you. Grocery shopping is difficult. Advertising and labeling are often misleading and, at best, confusing. That is why we are including a section on reading labels. We, the authors of *Sugar Busters!*, know that our concept is valid, but, if you do not know how to make correct choices regarding what you eat, *Sugar Busters!* may not work for you. Therefore, we have developed this guide to help you succeed on *Sugar Busters!*

Sugar Busters! also has introduced its own products in categories where we feel there is the greatest demand. We have done this to ensure the availability of "legal" (acceptable) products as well as to protect the integrity of our concept. The authors have personally participated in the formulation of the products regarding ingredients and also to ensure that the foods are of excellent taste as measured by anyone's standards. Many of the products are available in your local area, but if not, please ask your grocery store manager to contact Boudreaux Foods in New Orleans, Louisiana, at www.sugarbusterfood.com, who will try to make these products available in your local market.

In October 2003, the RAND Corporation reported that the number of people at least 100 pounds overweight had quadrupled since the 1980s. Do not become one of these high-risk people. *Sugar Busters!*® can help you achieve this goal. The *Sugar Busters!* glycemic index or load approach for choosing the best carbohydrates has now been supported by the World Health Organization as well as many professional nutritionists.

The *Sugar Busters!* lifestyle is logical, practical, and reasonable. It does *not* involve weighing, measuring, or counting, but it does involve making better choices about what you eat, and it does involve moderation, especially in portion sizes. If you make healthy and nutritious choices and your servings of these choices are moderate, there is no need to worry about counting calories, which, in most instances, would be inaccurate and not even beneficial to what you are trying to achieve. *Sugar Busters!* is about lean and trimmed meats, high-fiber vegetables, whole grains, nuts, most fruits, and, if you choose, alcohol responsibly and in moderation.

Sugar Busters! is very careful and concerned about too much fat, especially saturated fat. This can be animal as well as trans-fats, which are hydrogenated or partially hydrogenated vegetable oils that are frequently added to grocery products or used in commercial fast-food kitchens. On *Sugar Busters!* you generally will be eating 40 percent (or slightly more) carbohydrates, 30 percent protein, and 30 percent fat, only 10 percent of which should be saturated fat. These parameters are perfectly healthy and conform to those recommended by the American Heart Association. There are only a few common

foods that you should avoid, such as white or red potatoes, beets, corn and corn products, white flour products, white rice, carrots, and a few of the higher glycemic fruits, such as ripe bananas and raisins.

You will notice when shopping for *Sugar Busters!* items that your best choices are around the perimeter of the store rather than in the center, where the processed foods are located. In making your choices, try to select those products that have as little refined sugar as possible, preferably no more than three grams of added refined sugar per serving. Always remember that fresh is best, then frozen, and canned is often the least desirable. Different brands of the same food often vary considerably in the added ingredients. Therefore, reading labels until you are familiar with those items that are best for you will really help in cutting sugar.

Sugar Busters! highly recommends exercise. Unfortunately, over 70 percent of you do not and will not exercise, but you can still improve your weight and health by following the *Sugar Busters!* nutritional lifestyle.

What will *Sugar Busters!* do for you? It will help you achieve your ideal body weight (genetically predetermined), reduce your risks of diabetes and hypertension, and slow the aging of your blood vessels, as well as help prevent many other obesity-related health problems. If you are diabetic, *Sugar Busters!* will make it much easier to control your blood sugars. Those of you who suffer from hypoglycemia (low blood sugar) will also benefit from the *Sugar Busters!* lifestyle.

How is all of this achieved on *Sugar Busters!*? By eating in a healthy and nutritious fashion and by making better carbohydrate choices, you can go through the day with lower insulin levels. You cannot live without insulin, but you can live much better without too much insulin. Insulin, in addition to transporting glucose into cells for some of our energy needs, also makes you store sugar and fat as fat, prevents you from burning fat efficiently, and instructs your liver to produce additional amounts of cholesterol. Simply stated, higher than normal levels of insulin make us fat and flabby and our blood vessels age more quickly. This is something that we all would like to avoid, and the *Sugar Busters!* lifestyle will help you achieve this goal.

Try *Sugar Busters!* You will like it. You will look and feel your best. It does not involve any costly supplements or additives but *only* involves making good, nutritious decisions about what you eat. This shopper's guide will help you get on your way. In addition, we have added a section on how to eat out successfully on *Sugar Busters!*

Enjoy and *bon appétit!*

The Food Lists

What follows is a list of the various foods, grouped according to where they are generally found in the store. But first, here are a few overall tips on interpreting some things that might confuse you. For instance, when you pick up a can of boiled tomatoes and see that the listed ingredients are simply tomatoes and salt, yet the standard chart reads four grams of sugar, you should realize that tomatoes are really a fruit and, as such, must have their fructose content listed as sugar. This does not mean you should avoid boiled tomatoes! Remember, natural fructose is a good source of sugar and is not bad for you unless it has been concentrated, as in high fructose corn syrup, or consumed in large quantities with other sugars or saturated fats during the same meal. The same goes for peanut butter, as long as there has been no sugar added.

Since cooking raises the glycemic index—or blood-sugar-elevating effect—of carbohydrates, you can understand why it is better to replace most canned carbohydrates (except for green leafy vegetables) with the fresh, dried, or frozen variety.

When you prepare your dried beans, fresh vegetables, whole-grain pasta, or brown rice, do not overcook them. Instead, cook them al dente, or just a little bit firm. This will ensure a lower glycemic effect. Remember that your ancient ancestors actually ate their grains and vegetables completely raw—and obviously it worked just fine, otherwise we wouldn't be here today!

Finally, one last reminder so you will not have to count and measure: eat three platefuls a day with only appropriate snacks in between. A green salad on the side is all right. Do not cheat while you are trying to lose weight, but once you have achieved that goal, treat yourself occasionally to something that suits your fancy. But remember—too many treats will mean more fat on you!

The following lists will range from those containing some common brand names to simply a general statement, for example, that all unsweetened, no-sugar-added pickles are okay.

FRESH PRODUCE DEPARTMENT



VEGETABLES

Artichokes

Arugula

Asparagus

Bean sprouts

Bell pepper (red and green)

Bok choy

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Endive

Leeks

Lettuce

Mushrooms

Mustard greens

Okra

Onion—white, red, yellow

Peas

Pumpkin

Radicchio

Radishes

Sauerkraut

Snow peas

Spinach

Squash—yellow, butternut, spaghetti, acorn

String beans

Sweet potatoes/yams (in moderation)

Tofu

Tomatoes

Turnip greens

Watercress

Zucchini

UNACCEPTABLE



Beets

Corn

Parsnips

Red or white potatoes

Turnips

FRUITS

Apples

Apricots

Avocados

Blackberries

Blueberries

Boysenberries

Canteloupe

Cherries

Dates

Figs (fresh only)

Grapefruits

Grapes

Honeydew melon

Kiwis

Lemons

Limes

Mandarin oranges

Musk melons

Nectarines

Oranges

Peaches

Pears

Persimmons

Plums

Pomegranates

Raspberries

Satsumas

Strawberries

Tangerines

UNACCEPTABLE



Bananas (ripe)

Pineapples

Raisins

Large servings of watermelon

**MEAT DEPARTMENT
&
REFRIGERATED ITEMS**

Alligator

Antelope

Bacon (preferably not sugar cured)

Beef (lean and trimmed)

Canadian bacon

Chicken

Dove

Duck

Elk

Goose

Ham (if not sugar cured)

Hamburger (preferably lean)

Lamb

Ostrich

Partridge

Pheasant

Pork

Quail

Rabbit

Turkey

Veal

Venison

UNACCEPTABLE



Cuts of beef & lamb containing
marbled fat

Cold cuts with dextrose or other
added sugars

Fatty bacon

DAIRY DEPARTMENT

Butter

Cheese

Cottage cheese

Cream

Dannon Light Yogurt with aspartame

Egg Beaters™

Eggs

Milk—2% or less fat preferred

Non-hydrogenated margarine or butter substitutes

Philadelphia® Cream Cheese (preferably light or low fat)

Sour cream (preferably light or low fat)

Yogurt, no-sugar-added yogurts like

Mountain High® Original Style Plain

Mountain High® Original Style Vanilla

SEAFOOD DEPARTMENT

Alaskan pollock

Blue crab

Carp

Catfish

Clams (raw)

Cod

Cobia

Crawfish

Dolphin

Drum

Dungeness crab

Eel

Flounder

Grouper

Haddock

Halibut

Herring

King crab

Lobster

Mahi-Mahi

Monkfish

Mussels

Octopus

Orange roughy

Oysters

Perch

Pike

Pompano

Redfish

Salmon

Scallops

Sea bass

Shrimp

Snails

Snapper

Snow crab

Sole

Stone crab

Tilapia

Trout

Tuna

Whitefish



DELI

Cheeses, in moderation

Cole Slaw, if no sugar added

Fruit salad, if no sugar added

Green bean salad, if no sugar added

All meats with no sugar added

Mixed bean salads, if no sugar added

Roasted chicken

Tomato & cucumber salads,
etc., if no sugar added

UNACCEPTABLE



Fried chicken

Salads, slaws, etc. with added sugar

Sugar-cured ham

Sugar-injected (containing) meats

BAKERY/BREADS

Beware of added sugars and breads that are not 100 percent whole grain or 100 percent whole wheat.

Sugar Busters!® French Bread/Po-Boy

Sugar Busters!® Dinner Rolls

Sugar Busters!® Pistolettes

Sugar Busters!® Pita Bread

Sugar Busters!® Multigrain

Sugar Busters!® Rustic Loaf

Sugar Busters!® Baguette

Sugar Busters!® Sliced Stone Ground
Whole Wheat Bread

Sugar Busters!® Sliced Multigrain Onion
Bread

Sugar Busters!® Sliced Flaxseed Bread

The Baker Pumpernickel

The Baker Sunflower Rye

The Baker Whole Grain Rye

The Baker Whole Wheat

Damascus Bakeries Whole
Wheat Pita

Food For Life Ezekiel 4:9™ Sprouted
Grain Bread

Food For Life Ezekiel 4:9™ Sesame
Sprouted Grain Bread

Food For Life Ezekiel 4:9™ Sprouted
Grain Hot Dog Buns

Food For Life Ezekiel 4:9™ Sprouted
Grain Burger Buns

Grain Tortillas

Mestemacher Organic Four Grain Bread

Mestemacher Organic

Sunflower Seed Bread

Mestemacher Organic Three Grain Bread

Mestemacher Whole Rye Bread

Pacific Bakery Whole Grain Spelt Bread

Pacific Bakery Multi-Grain Bread

Pacific Bakery Whole-Grain Rye Bread

Pacific Bakery Whole-Grain Kamut

Bread

Pacific Bakery Whole-Grain Wheat

Bread

Pacific Bakery Multi-Grain Bread with

Flax Seeds

Toufayan® Oat Bran Pita

Toufayan® Whole Wheat Pita

Whole Foods Seven Grain

Whole Foods Market Organic

Whole Foods Whole Wheat Pita

Whole grain pumpernickel, 100%

Whole grain rye, 100%

Wild's European Style Oatmeal Bread

Wild's Komis Brot

Wild's Westphalian Pumpernickel

Wild's Whole Grain

UNACCEPTABLE



Breads that have sugars added (including
corn syrup, molasses, etc.) or are not stone
ground whole grain breads

BEVERAGES

Caffeine-free diet colas

Coffee

Crystal Light®

Decaf coffee

Diet colas and sodas

Diet ginger ale

Diet root beer

Diet Snapple®

Diet tonic water

Lemonade (with artificial sweetener)

No-sugar-added tea

Sugar Busters!® Refresher sports drink

TAB ®

UNACCEPTABLE



Colas, sodas, juices, or sports drinks
with added sugars (high fructose corn
syrup, etc.)

SNACKS & CRACKERS

All whole grain, without sugars or hydrogenated oils

Hol-Grain Whole Wheat

Kavli® All Natural Whole
Grain Crispbread

Kavli® Crispy Thin 5 Grain

Kavli® 5 Grain

Manischewitz whole wheat Matzos

Ryvita® crackers (light & dark rye)

Terra® Sweet Potato Chips

Wasa® Fiber Rye

Wasa® Hearty Rye

Wasa® Light Rye

Wasa® Multigrain

Wasa® Organic Rye

Wasa® Soya Crispbread

Whole Foods 365 Baked Woven Wheats

Whole grain wheat wafers

Zapp's Sweet Potato Chips

*See also Nuts & Seeds (pages 24–25),
Fruits (pages 6–7),
Vegetables (pages 3–5),
Peanut Butter (pages 35–36),
and Cocoa/Chocolate (pages 37–38),
which can all be used as snacks.*

sample content of The New Sugar Busters!(r) Shopper's Guide

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