



One of the biggest mistakes people, in general, make with their diet is they do not pay attention to the little things, and brush them off by saying, “It’s not that much.” Little things add up and they do matter. Sometimes it is not the caloric content that matters so much as the way the body is not able to process it properly, which leads to bloating, swelling and eventually, a buildup of inflammation. It is the little things that, when overlooked and left unaddressed, make weight loss impossible.

To lose weight, and when I say lose weight, I mean reduce body fat percentage, we must:

1. Drink 2.5-3 L of water per day
2. Eat enough good quality, absorbable protein to maintain our lean muscle mass
3. Eat two meals per day that contain a half plate of vegetables for fibre, nutrients and water
4. Exercise daily
5. Get enough good quality sleep
6. Consistently participate in activities that are fun and enjoyable and make us happy

If we are doing all the above consistently, and we are still not losing weight, then we must look at the details.

One important detail is sugar. Often when I suggest to people that they take a closer look at their sugar intake, they tell me they don’t eat sugar. This is impossible. All carbohydrates - that includes all fruit, vegetables, grains, beans, legumes as well as honey, maple syrup, coconut sugar, and all the various names of refined sugar – are broken down into sugar in the body. Perhaps a person no longer purchases bags of white sugar, but if too much bread or grain is being consumed and/or a lot of fruit is being eaten, it is possible to consume too much sugar.

Once your total carbohydrate intake is in balance, then you can look at the finer details. How much sugar is in any food that you purchase? This can be shocking as there is sugar in foods where we would not expect to find sugar.

Once we have reduced the total added sugar that we consume, then we can look at what types of sugar we are consuming. The first goal is to eliminate all cane sugar. I do not consider cane sugar a healthy sugar. It may be less refined and have a few more nutrients than other types of sugar, but it is still sugar, and it is part of the grass food family, which also contains wheat. Therefore, if you do not tolerate wheat or gluten very well, it is possible that you will not tolerate cane sugar well either. You can easily substitute cane sugar with coconut sugar to eliminate cane sugar from your diet.

Once you have eliminated all cane sugar, then you can eliminate coconut sugar as well so the only sugar you consume is honey, maple syrup and fruit. This is what I mean by paying attention to the details. This is what I would consider a very clean diet with respect to the sugar aspect.

Have fun observing your sugar intake habits!