

21 Day Sugar Detox Challenge

Food Guide



Almond and Other Nut milk (see coconut milk below)

YES (with exceptions)

-Homemade, yes.

-Pre-packaged with reservation. Approved brands are: New Barn, Malk, and Whole Foods organic 365 unsweetened almond milk.

Artificial Coloring

NO

Cacao, Cocoa, Chocolate

YES (with exceptions)

Unsweetened one hundred percent cocoa solids, powders, and nibs are ok. Pure cocoa products (usually found in 100% bars) may be combined with other yes foods, such as nuts, coconut, and seeds.

Chips

NO (with exceptions)

You may make your own chips with approved foods and fats/oils

You can also have Bare Baked Apple Chips, equal to one serving of your daily fruit.

Coconut Milk

YES (with exceptions)

Coconut solids and water are your best bet. Avoid those with carrageenan. Choose cans that are BPA free. There are many options now available on the market.

Coconut Nectar

NO

This is a sweetener. Not to be confused with coconut aminos which is fermented and used as a replacement for soy sauce. All brands of coconut aminos are approved.

Coffee Creamers, Dairy and Non-Dairy

- Butter/ghee
YES
- Coconut milk
YES (with exceptions)
Avoid carrageenan
- Collagen Peptides / Hydrolyzed Collagen (grass-fed no other ingredients/favors)
YES
- Cream or Half & Half
YES (with exceptions)
Level 1 and 2. Avoid carrageenan, organic, grass-fed, pasture-raised is best.
- Equip Foods Complete Collagen (unflavored collagen peptides)
YES
- Full fat cream and milk
YES (with exceptions)
Level 1 and 2. Avoid carrageenan, organic, grass-fed, pasture-raised is best choice.

- **Laird's Superfood Unsweetened Creamer**
YES
- **MCT Powder**
YES
- **Milk**
YES (with exceptions)
Level 1 and 2. Avoid carrageenan, organic, grass-fed, pasture-raised is best choice.
- **Nut/coconut Based Creamers**
YES (with exceptions)
Ingredient should be on yes list.

Coffee, Flavored

YES (with exceptions)

While technically okay, unless we know the source of the flavoring it's best to avoid for 21-days. Regular unflavored caffeinated and decaf coffee is a yes.

Crackers – Nut/Seed/Cassava/Tapioca Based Crackers

YES (with exceptions)

Ingredients must be on yes list. Limit to one serving. Has to be Gluten Free based and are allowed for Level 1 only. The serving counts towards the 1/2 cup limit per day of whole grains. Mary's Gone Crackers Super Seed crackers are approved.

Cream of tartar (potassium bitartrate)

YES.

Cured Meats, Bacon, Sausage, Other Processed Meats & Smoked Fish

- Has to be from the meat counter or seafood counter- nothing processed.

- **Nitrates (in Cured Meats, Bacon, Sausage, Other Processed Meats & Smoked Fish)**
YES
It is not necessary to avoid nitrates unless you know you are sensitive to them.
- **Sugar (in Cured Meats, Bacon, Sausage, Other Processed Meats & Smoked Fish)**
YES (with exceptions)
Less than 1 gram of sugar per serving is approved. Sugar is used to cure, to counteract the salt. More than 1 gram of sugar per serving would be for added flavor enhancement and is not approved.
- **BHA, BHT, sodium phosphate, sodium ascorbate**
NO
- **Cherry Powder**
YES (with exceptions)
Less than 1 gram of sugar per serving is approved.

Dairy products – Full fat/whole milk based

YES (with exceptions)

Level 1 and 2 only. No added sweeteners/sugar or flavors – only plain, full-fat (sometimes marked as 4%).

Extracts (such as vanilla, almond, peppermint, etc.)

YES

Use pure extracts only

Flours, Starch

YES (with exceptions)

Arrowroot, potato, and green banana flours are allowed up to a total of 2 tablespoons of starch flours per day. These flours contain less than 1 gram of sugar per serving and do not taste sweet. Flours such as sweet potato, pumpkin, plantain, contain more natural sugars per serving and also have a sweeter taste, these would be good options.

Food Coloring

NO

Hummus

YES (with exceptions)

Level 1 only. Hummus is approved if it contains only the ingredients found on the yes list.

Kombucha

YES (with exceptions)

8 oz. limit per day. While we don't count grams of sugar, choose kombucha with less than 6-8 grams of less per 8 oz. serving.

Lecithin

- Soy

NO

- Sunflower

YES (with exceptions)

Generally okay. Choose organic.

Monk Fruit

NO

Mixes (as in for baking/baking mixes) – Nut/Cassava/Tapioca

NO

Natural Flavors

YES (with exceptions)

Not always a hard no if source is verified. Natural flavors may not be concerning, for example, made from the essence of essential oil. However, natural flavors allowed by the FDA can also be derived from problematic ingredients, for example, gluten (which is on the no list), dairy (not part of level 3), MSG (which many people are sensitive to and it stimulates your brain to crave more food).

Natural coloring

YES (with exceptions)

As long as it is not contributing to sweetness of food.

Nitrates

YES (with exceptions see cured meats for more info.)

Not necessary to avoid unless you know you are sensitive to them.

Oat milk

YES

Read your ingredient list to make sure there are no funky additives

Peanut oil

YES

Look for organic, unrefined, cold pressed or expeller pressed.

Peanut Flour/Powder

YES

Look for organic. No sweeteners, sugar or any "No" ingredients added.

Pickles

YES (with exceptions)

No sugar should be added, if they are fermented, then less than 1 gram per serving.

Protein Powder

Yes (with exceptions)

Choose 100% pure, no other ingredients added aside from the protein powder. For example, 100% egg white, 100% collagen, or 100% whey protein (levels 1 & 2, organic/ grass-fed is best).

Rice vinegar

YES

Sun dried tomatoes

YES (with exception)

Drying tomatoes yourself is your best bet. We have not found any that are void of "No" ingredients. You will likely come across sun dried tomatoes in hummus and processed meats such as sausages. Sun dried tomatoes are approved as long as the rest of the ingredients are approved and the sugar is less than 1 gram per serving.

Supplements

YES (with exceptions)

Do not stop taking any supplements or medications that have been prescribed to you by a medical professional or health practitioner for the purposes of the challenge. Thickeners, gums, emulsifiers (in pre-packaged food)

- Carrageenan

NO

- Guar gum, xanthan gum, locust bean gum, gum Arabic, tara gum, gellan gum

YES (with exceptions)

Use with caution or avoid if you have digestive issues.

Water, Flavored/Sparkling

YES (with exceptions)

These waters have natural flavorings and LaCroix for example is sparkling water with natural flavors from the essential oil. Is it a health food? No. People tell say that they find it a better choice while they come off of sugary beverages. However, there are some concerns as to whether or not these drinks actually trick your body into thinking it's actually getting calories the same way artificial flavors do.

A small trial looking at sparkling water vs. regular water showed that sparkling water increased ghrelin, the hunger hormone in your body, stimulating appetite, leading you to crave food. We do not recommend drinking flavored water with meals. Try instead, sipping a small amount of water as needed during meals to support digestion.

QUESTIONS?

Email Tiffani Hinkeldey, YMCA Health Coach, at thinkeldey@puebloymca.org