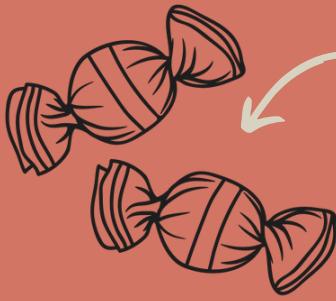




LINDGREN
functional medicine

TYPES OF SUGAR

OBVIOUS SUGAR



obvious sugar is processed, sweet-tasting, and often listed on the label

- candy
- ice cream
- cookies, cake, etc
- sweetened beverages
- syrups & jams
- baking sugar
- corn syrup

SNEAKY SUGAR



sneaky sugars are often hidden in food products marketed to be "healthy"

- yogurt
- granola
- energy bars
- smoothies
- salad dressing
- nut butters
- kombucha

PRE-SUGAR



pre-sugars do not necessarily taste sweet, but convert to glucose in your body almost immediately

- bread
- pasta
- cereal
- crackers
- puffs & pretzels
- anything with flour
- potato products

FRUIT SUGAR



fruit sugar metabolism is aided by the fiber, enzymes, and nutrients also contained in whole fruit

- low sugar fruits
 - berries
 - melons
 - citrus
- high sugar fruits
 - tropical
 - grapes