



November is “American
Diabetes Month”

Which comes right after
the Halloween haul
Surprised?



Sugar rules: Four sweet rules for success

RULE 1:

Sugar is like flour and chocolate – Darker is better

- Raw sugar, dark brown sugar, molasses

RULE 2:

Stay away from all synthetics

- Aspartame (NutraSweet), Splenda (chlorinated sugar), Saccharine

RULE 3:

What to choose if you are diabetic

- Guava Nectar, Honey, Stevia

RULE 4:

**Find and remove all additive
sugars in your food products**

- HFCS, corn syrup, sucrose, dextrose, polyolsorbate 80, etc.

