



RESET *with* RACHEL

7-DAY SUGAR DETOX

For the next 7 days, it's no added sugar and no sweeteners.
Fruit is absolutely fine.

HERE'S WHAT WE'RE AVOIDING

ADDED SUGARS

- Sugar
- White, brown, golden and cane sugar
- Demerara and muscovado sugar
- Icing sugar
- Coconut sugar
- Honey
- Maple syrup
- Agave
- Golden syrup
- Date syrup
- Rice syrup
- Glucose syrup
- Glucose-fructose syrup
- Fructose syrup
- Malt syrup
- Molasses/black treacle
- Dextrose
- Maltose
- Sucrose
- Fructose

AND NO SWEETENERS

- Xylitol
- Erythritol
- Sorbitol
- Maltitol
- Stevia
- Sucralose
- Aspartame
- Acesulfame K
- Saccharin
- Monk fruit
- Invert sugar
- Fruit juice concentrate when it's been added to sweeten something

So no Diet Coke or Coke Zero, sugar-free squash, diet yoghurts, sugar-free sweets or “no added sugar” products that are packed with sweeteners instead.

And obviously, no cakes, biscuits, sweets, chocolate, desserts, pastries or sugary drinks. NO alcohol.

CHECK LABELS!

This is where sugar can easily sneak in without you realising. Have a look at the ingredients in things like:

- | | | |
|-----------------------|-------------------------------------|-------------------------------|
| • Pasta sauces | • Ketchup and other sauces | • Salad dressings |
| • Marinades | • Protein bars | • Soups |
| • Cereals and granola | • Bread and wraps | • Flavoured and diet yoghurts |
| • Plant milks | • Stock cubes and ready-made stocks | • Ready meals |

For these 7 days, we want to get away from that sweet taste altogether, rather than just swapping sugar for a sweetener.

Keep it simple: fruit is fine. Added sugar and sweeteners are out for 7 days.