

Sweet Ab Challenge

AVOID or better yet ELIMINATE these foods.
And don't forget about hidden sugars.

Starch and Sugars

Bread (white and brown)
Bread rolls (white and brown)
Breaded or battered foods
Breakfast cereals (not wholegrain)
Biscuits
Cakes
Chocolate
Chips
Crackers
Custard
Cupcakes
Desserts
Doughnuts
Energy bars
Granola bars
Instant oats
Jelly
Muffins
Milkshakes
Noodles
Pancakes
Pasta
Pastries
Pies
Pizza
Rice cakes
Sweets
Flavoured yogurt
Waffles
White rice

Drinks

Added sugar to hot drinks
Alcohol
Carbonated drinks
Energy drinks
Energy gels
Fruit juices
Iced teas / coffees
Premix juices
Sports drinks
Sweetened drinks

Condiments

Balsamic vinegar
Check sauces
Dressings that have added sugar
Marinades

Hidden Sugars

Remember to read food labels not all
sugars are called "sugar"

Agave
Barley malt
Beet sugar
Blackstrap molasses
Brown rice syrup
Brown sugar
Cane sugar/ juice
Caramel
Carob syrup
Coconut sugar/ Coconut palm sugar
Confectioners' sugar
Corn sweetener/ syrup
Date sugar
Demetera sugar
Dextrin/ Dextrose
Diatase
Evaporated cane juice
Galactose
Glucomalt
Glucose
Grape juice concentrate
Grape sugar
High fructose corn syrup
Honey
Invert sugar
Maltodextrin
Maltose
Maple syrup
Palm sugar
Raw sugar/ sugar/ sucrose
Rice/ refiners syrup
Saccharose
Treacle
Turbinado sugar
Xylose