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Technically, our plan isn't 100% sugar-free ? nutritious foods such as milk, plain yoghurt, fruit, veg, pasta and rice all naturally contain some sugar. Plus we haven't cut out bread, which contains small amounts of added sugar to help get the yeast working.

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But we have ditched all those foods that contain lots of added sugar.

*Sugar Free Diet - How to Lose 10lbs in a Month*

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The sugar-free, wheat-free diet focuses on whole foods and avoids processed foods, especially those containing added sugar, trans fat or

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refined wheat. What Foods to Eat It's important to choose...

## *The Sugar-Free, Wheat-Free Diet - Healthline*

Natural sugars occur in fruit and some dairy products. Although the proponents of some no-sugar diet plans say that a person should eliminate fruit, this may not be the most healthful choice. Fruit...

## *No-sugar diet: 8 tips and health benefits*

Cut back on the amount of sugar you may regularly add to foods and drinks, such as tea, coffee, cereal and pancakes. Replace sugar-sweetened beverages with sugar-free or low-calorie drinks ...

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Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars. Sugar found naturally in milk, fruit and vegetables does not count as free sugars.

*Sugar: the facts - NHS*

A sugar-free diet (or no-sugar diet) is a diet that excludes added sugars and most processed foods. This type of diet is similar to a low-glycemic index diet and low-carb diet in that it helps reduce your body's reliance on glucose (sugar) for energy.

*Sugar-Free Diet Plan, Benefits and Best Foods - Dr. Axe*

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The Sugar Busters Diet allows low-glycemic fruits, vegetables, whole grains, proteins, healthy fats, sugar substitutes, and low-fat dairy products without added sugar. Foods to avoid

*Sugar Busters Diet Review: Does It  
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Abstain: Completely eliminate all sugars (fruit, coconut sugar, sweet veggies) and sugar-free sweeteners

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