

WEEKLY WISDOM

Topic 30: FREE: TOO GOOD TO BE TRUE?

On the ShiftSetGo program, we suggest that clients do not use any more than four sugar-free or carb-free servings a day. We call these "extras." You can find all of the approved extras at www.ShiftSetGo.com/programextras. "Sugar-free" means less than .5 grams of sugar per serving on the Nutrition Facts Panel. Therefore the FDA allows that this small amount is ok, and the calories and carbohydrates are expected to have no meaningful effect in usual meal planning. You will see a "0" next to calories on the label. The ShiftSetGo program allows for this wiggle room up to a certain point. You can see that if you have .5 grams of sugar four times per day, you might have ingested 2 grams of sugar. If you keep going over in your Walden Farms or Stevia usage, you could easily have consumed more. Refined sugar is composed directly of carbohydrates. Sugar substitutes and sugar alcohols have carbs as well, and because they are not required to be on the Nutrition Facts Panel, we can never really tell exactly how much we're having. That's why we ask our clients to stop at four servings to be safe and to be careful when adding sugar-free products to the baking recipes.

What is a serving size? The serving size is what you find listed on the back of the sugar free product. For example:

Walden Farms Pancake Syrup=¼ Cup

Walden Farms Mayo=1 Tbsp

Walden Farms Honey Dijon Dressing=2 Tbsp

Sugar Free Torani Classic Hazelnut Coffee Flavoring=2 Tbsp

Stevia=1 packet

Pur Gum= 1 piece

Even though the serving sizes are different, they all count as 1 of your 4 "extras" per day.

To taste the sweetness of life, you must have the power to forget the bitterness of the past.

Did you know?

Sugar alcohols provide fewer calories per gram than sugar and produce a smaller change in blood sugar than other carbohydrates because they are incompletely absorbed from the small intestine. As a result they can produce gas, bloating and diarrhea in some individuals .

Recipe Of The Week!

Mocha Cookies

Ingredients:

- 1 Packet of ShiftSetGo Mocha Pudding/Shake Mix
- 3 Tbsp liquid eggs
- ½ tsp baking soda
- 2 tsp Walden Farms chocolate syrup (or ½ tsp of Stevia)

Directions:

1. Preheat oven to 350°F.
2. Mix all the ingredients until batter is formed.
3. Spread batter into cookie rounds on parchment paper or foil on baking sheet.
4. Bake for 20 min.

