

## Sugar and Foods That Act Like Sugar

This list is not all-inclusive but it will give you an idea how many common foods are either loaded with sugar or act like sugar in your body. Things like bread = sugar!

### Common Sugars

White sugar	Brown sugar	Honey
Maple syrup	Agave	Fructose

### Common Grains That Act Like Sugar

Whole wheat flour	All purpose flour	Corn meal
Oats	Brown rice	White rice

### Common Foods That Act Like Sugar

Pasta	Breads	Buns and Muffins
Bagels	Wraps and Tortillas	Pizza
Cereals	Crackers	Pretzels

### Sugar-filled Treats

Cake and Cupcakes	Donuts	Cookies
Candy	Pudding	Ice Cream

### Not-so-healthy foods that can have too much sugar or act like sugar in your body

Yogurt	Diet Soda	Gluten-free processed foods
Fruit juice	Protein or breakfast bars	Instant oatmeal

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