

sugar free solution breakfast pdf

Sugar is the generic name for sweet-tasting, soluble carbohydrates, many of which are used in food. The various types of sugar are derived from different sources. Simple sugars are called monosaccharides and include glucose (also known as dextrose), fructose, and galactose. "Table sugar" or "granulated sugar" refers to sucrose, a disaccharide of glucose and fructose.

Sugar - Wikipedia

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The Blood Sugar Solution (2012) is a book about reducing the risk of "diabetes," the continuum from optimal blood sugar balance toward insulin resistance and full-blown diabetes. Food guidelines: Eat natural, unprocessed foods Eat moderate amounts of low-glycemic-load carbs "with stricter ...

The Blood Sugar Solution by Mark Hyman: Food list -What to

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Fructose, or fruit sugar, is a simple ketonic monosaccharide found in many plants, where it is often bonded to glucose to form the disaccharide sucrose. It is one of the three dietary monosaccharides, along with glucose and galactose, that are absorbed directly into blood during digestion. Fructose was discovered by French chemist Augustin-Pierre Dubrunfaut in 1847.

Fructose - Wikipedia

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