

The Top

15 WORST

Foods That **HIDE**

Sugar



The Top 15 WORST Foods That HIDE Sugar

We put this report together, so you can learn about the RIGHT foods to eat that could help to improve your health...reduce your blood sugar...and maintain optimal health well into your Golden years.

Plus, as a bonus, we have included some really great food alternatives that will encourage healthy eating and promote great health – no matter what age you are.

We, here at *Jaylab Pro*, truly hope you enjoy this report and encourage you to pass it along to anyone who may suffer from fatigue...mood swings...unquenchable cravings...all due to being on the dangerous blood sugar rollercoaster ride.

So sit back, and be prepared to have your mind BLOWN...

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Sugar:
The White Substance That
DESTROYS

You have an age-old friend...

And that “friend” is secretly trying to destroy your life...your health...and your very existence on this earth.

The “friend” I am referring to is sugar.

In fact, the majority of your calories may be coming from white, powdery table sugar – and any number of its sneakily-named counterparts.

Statistics show that our society has an infatuation with sugar and it isn't going away anytime soon...

In fact, back in the early days, people ate – on average - a mere 4 pounds of sugar per year, to a whopping 180 pounds per year today!

That means each day: You're getting roughly half a pound of sugar!

But you say to yourself...

I'm careful about what I eat...I don't add sugar to my coffee or tea...so I surely don't get that much sugar in my diet each day...

Think again! Sugar is EVERYWHERE...

From the obvious sources, such as soda, to the not-so-obvious sources, such as processed foods, bacon, or even pretzels!

No matter what you eat, there's a pretty good chance you're getting sugar in some form in your diet. Now, here is where we get into the “did you know...” section...

By now, you know that America – heck, the whole world – has a medical crisis on their hands. Did you know...32 percent of Americans are considered obese...

Or that one-third – ONE-THIRD – of Americans are considered to be overweight...

And did you also know that SUGAR contributes to the development of heart disease, cancer, metabolic syndrome, and diabetes?

Here's something else for you to digest...

Did you know that sugar is as addictive as the street drugs, cocaine and heroin? It's pretty scary when you think about it.

Now, you may think you know everything about sugar...

Or that you limit your sugar intake because you don't DUMP excess sugar into your drinks...you avoid soda...and you definitely avoid candy bars...

But the truth is: Sugar goes by many different names! 257, to be exact!

So, before you think you know all about sugar, think again...

*The Basic Aspects
You Need To Know About
Sugar*

Sugar, by far, is the biggest and most consumed sweetener in the world.

It's used to sweeten everything from bitter coffee, to acting as a main ingredient in cakes, pies, and cookies.

But, here is the problem with sugar:

It's a pretty nasty and toxic substance to your body. Don't believe me?

Take a look at what sugar can do in your body:

- **Causes intense cravings**
- **Boosts Fat gain**
- **Causes ups and downs in your blood sugar**
- **Leads to depression**
- **Causes intense fatigue and tiredness**
- **And much, much more**

Plus, too much sugar may cause a dangerous situation to occur in your body, which could increase your risk for many different chronic diseases (some that were listed previously), which include:

- **Heart disease**
- **Cancer**
- **Candida overgrowth (massive yeast infection)**
- **Metabolic syndrome**
- **Leaky gut syndrome**
- **Type 2 Diabetes**

So how exactly does sugar cause this?

Well, for starters, once you eat sugar, it starts to break down and eventually becomes something called glucose.

And this glucose is a main fuel for many of the cells in your body, including your brain.

But, here is where too much sugar starts to cause problems:

Too much EXCESS sugar - from your diet – from too many cookies, sweets, candy bars, soda, etc. – spikes your blood sugar levels.

And this spike in blood sugar also causes a spike in insulin, which is used to shuttle that sugar into your working cells.

Now, when your body has too much sugar, it uses what it needs, and sends the rest to be processed and stored as fat...

...leading to fat gain...overweight adults and kids...and obesity!

But it also increases your risk for developing all of the diseases above.

And this could put you more at risk for a heart attack, stroke, blindness, pain from neuropathy, and even death in some cases.

So, when you think about sugar, keep one thing in mind...

No matter what you do, you can't run...you can't hide...you can't avoid added sugar.

It's found in many of the products you probably currently eat today.

Here's a good example:

There was a time when people wanted "fat-free" because – from the media and the information they heard – this was a better product for improving health and to increase fat loss.

But:

Fat-free products may be a TRAP in disguise.

You see, when you remove something from a product – such as the FAT – then you need to add in something else – commonly called fillers and additives – in order to maintain the texture, consistency, and above all, the flavor.

And that's where sugar comes in! Sugar may help to improve the shelf life of many different food products. PLUS, it adds to the texture and to the flavor of those very products.

Although the product – from the outside – looks healthy, it may hold a ton of sugar, which could alter your blood sugar, and could lead to feelings of tiredness and fatigue...fat GAIN...and intense cravings.

So, you're probably asking yourself, "what are the foods that have hidden sugar in them?"

Well, luckily for you, you have downloaded this awesome special report...

In this report, you will discover the top 15 foods that contain hidden sugars – that you probably weren't even aware of...

*The 15 WORST Foods With
Hidden Sugar*

There are many, many foods out there that contain added sugar. And the sugar can come in many different forms, and have many different names.

As previously mentioned, sugar has roughly 257 different names, many of which you probably never associated with sugar.

Sugar is commonly added to food products to give them sweetness...add texture...or make them more palatable for even the pickiest of eaters.

But: This added sugar is adding empty calories...unsafe spikes in your blood sugar...and it could be putting you at risk for a number of different chronic diseases.

When you think about how much added sugar is in different foods...

Then it probably will come as no surprise why we have such a problem with overweight and obese adults and children.

Although there are many foods that contain added sugar, these 15 rank among the highest:

1

WORST Choice: Fruit-On-The Bottom Yogurts

These tasty creations – on the outside – look very health and very appealing.

Think about it: It contains YOGURT and FRUIT...so it must be healthy, right?

WRONG!

Fruit-on-the-bottom yogurts are one of the **BIGGEST** sugar traps on the market today!

The reason: The fruit in the yogurt usually contains high-fructose corn syrup, which is the #1 – and cheapest – form of concentrated sugar out there.

And this means that instead of improving your health, you're negating the benefits by adding almost 19 grams of sugar to the product.



BETTER Choice:

For the most part, yogurt is a great snack or breakfast option for people in the morning.

Many yogurts contain vitamins, minerals, and probiotics that are needed for optimal health.

There are many different organic and natural yogurts on the market that contain only naturally-occurring sugars that are found in milk.

This would be a better option than your run-of-the-mill fruit-on-the-bottom yogurts.

2

WORST Choice: Commercial Pasta Sauce

Of course you know that refined and processed foods, like boxed pastas, have a lot of sugar and - in general - are bad for your health.

Now you can add pasta sauce to that list as well!

In order to take away from the bitterness of the tomatoes, many commercial companies add sugar to sweeten the sauce and make it much more appealing to the consumer.

Check the label on your favorite pasta sauce and you may find as much as 12 grams of added sugar...

And the worst part: that sugar may come from high-fructose corn syrup!



BETTER Choice:

If you're looking for a sugar-free alternative try making your own pasta sauce.

One reason why commercial companies add sugar is to sweeten the taste and eliminate the bitterness of the tomatoes.

Roast your tomatoes in the oven with olive oil and spices, blend, then add a pinch of baking soda.

This could eliminate the acidity of the tomato sauce, which leads to a better tasting pasta topping.

It's simple...easy to make...and free from added sugar!

3

WORST Choice: Granola Bars

Do you head to the vending machine when the afternoon crash happens?

You browse through the options, looking for something somewhat healthy? Then you see it: granola bars.

They have oats, raisins, and other healthy ingredients that you believe will help you last the rest of the afternoon.

BUT:

Granola bars also may contain a lot of added sugar! If you look through the ingredients you may find some of the usual suspects: high fructose corn syrup, corn syrup, molasses, and honey.

These ingredients alone may add 12 grams or MORE of added sugar to your day! Although they are a great pick-me-up, eating them could cause a sharp crash later, leaving you wanting more and more...



BETTER Choice:

If you're looking for a way to make it through the afternoon, grab a piece of fruit and some almonds.

Fruit contains healthy sugars – and depending on how fast your body processes it –could help balance out your blood sugar in the afternoon.

Plus, when you pair the fruit with a protein (such as almonds), together this combination may slow the digestion of the foods, which could help maintain healthy blood sugar levels throughout the day.

4

WORST Choice: *Energy Drinks*

People use energy drinks for a number of different reasons. Some use them to stay alert and ready while driving...

Some use them to make it through the afternoon lull...and some use them as a way to power them through a workout.

However, energy drinks are LOADED with sugar and caffeine.

Energy drinks may contain as much as 83 grams (or more) of sugar! Combine that with the caffeine, and you may have a very addictive combination.



BETTER Choice:

If you need that pick-me-up in the afternoon...before you work out...or on that long road trip, think about having a cup of coffee.

Black coffee contains powerful antioxidants and polyphenols that could improve your health and increase your longevity.

Some studies also show that coffee may boost a specific molecule in your body – called Adiponectin – which could speed up your metabolism and help you burn fat. Plus, black coffee contains adequate caffeine levels to keep you alert and ready to go!

5

WORST Choice: *Dried Fruit*

If you're a frequent consumer of dried fruit, then you're probably doing some devastating things to your body – and your blood sugar.

In theory, dried fruit looks healthy and good for a quick pick-me-up, but it could be loaded with sugar.

The process of dehydrating the fruit itself could increase the sugar content of the fruit, but that's not the main culprit.

If you look at the ingredient list, you may find some form of sugar on the package.

This sugar is sometimes used to coat the fruit to make it much sweeter for you.

This could add as much as 24 grams of nasty, toxic sugar to your day!



BETTER Choice:

Stick with whole fruits and vegetables.

Not only do whole fruits and veggies help to maintain healthy blood sugar levels, they also contain vitamins, minerals, and fiber.

These nutrients – especially the fiber – could slow the rate of digestion, which could stabilize your blood sugar levels.

NO MORE CRAVINGS!



Why Do The Food Companies Have The Blood Of More Than 35 Million Lives On Their Hands Each Year?

[<<Learn More >>](#)

6

WORST Choice: *Chinese Takeout*

You may think that extra sodium and MSG are the only bad things lurking in your Chinese takeout...

But you would be **WRONG!**

Chinese takeout could also contain boatloads of sugar, making it another trap on the list.

Some dishes of Chinese takeout could contain as much as 19 grams of added sugar!



BETTER Choice:

If you want a better choice than Chinese takeout, then opt to stay at home and make your own.

Grab a bag of flash-frozen veggies, quinoa, your favorite meat, and some low-sodium soy sauce and you can make your own healthy, low-fat, and **LOW-SUGAR** stir fry!

7

WORST Choice: Commercial Fat Free Muffins

Again, when you take something out of a product – such as the fat – then you need to add something back into it to sweeten it up and maintain the right texture and consistency.

Most commercial fat-free – or even low-fat – muffins contain a ton of sugar, usually from fruit extracts, high-fructose corn syrup, and fruit (think blueberries).

Fat-free commercial muffins may contain as much as 40 grams of excess sugar!



BETTER Choice:

If you want a great way to start your day, then you could start with an omelet, or a sprouted-grain English muffin with peanut butter.

This protein-packed, fiber-filled, and nutrient-dense breakfast should provide the energy you need to make it through your busy morning commute.

8

WORST Choice: Fast Food Salads

You would think a simple salad from your favorite fast food chain **MUST** be healthy, right?

Again, you're wrong! Fast foods salads – mainly due to the toppings (fruits) and from the salad dressing – pack in the sugar, could alter your blood sugar levels.

Most salads from fast food establishments are loaded with high fructose corn syrup, corn syrup, and plain old sugar.

One salad from any number of fast food places may give you a whopping 38 grams of sugar, if you're not careful.



BETTER Choice:

If you want to cut your sugar intake, you should stick to making your own salad at home.

That way you can pack your salad with fresh veggies and healthier toppings.

Plus, you should have your dressing on the side! Stick with olive oil and vinegar since each contain plenty of good nutrition for your body.



**The 10-Second
Heart Health
Makeover**
Your Guide To Avoiding
A Fatal Heart Attack

[<<Learn More >>](#)

9

WORST Choice: Fat-Free Salad Dressings

Again, with any product that claims to be fat-free, you need to be sure that you read the label closely.

Fat-free salad dressing is not only full of added sugar, it may also contain plenty of nasty additives and chemicals that make it a health trap.



BETTER Choice:

If you're looking for a great salad dressing that really packs in the nutrition, consider making your own oil and vinegar dressing.

Not only will this give you the antioxidants and healthy fats, it could also give you plenty of nutrients to stabilize your blood sugar levels.

Be sure you look for recipes that utilize the health benefits of olive oil as their base!

10 **WORST Choice: *Instant Oatmeal***

Yes, oatmeal is a great way to start your day...

However, not the INSTANT variety!

Instant oatmeal is processed and refined, which could lead to spikes in your blood sugar.

Plus, with the dried apples, brown sugar, and the regular sugar that is added to the oatmeal, you could see dramatic shifts in your energy and cravings.

A packet of instant oatmeal may contain as much as 13 – or more – grams of sugar per packet!



BETTER Choice:

If you're looking for a better way to start your day, then look no further than a bowl of steel-cut oats!

Steel cut oats supply your body with all the right nutrients you need to stay healthy and fit.

Plus, steel-cut oats contain TONS of fiber, which helps to slow digestion, which could slow the rise of your blood sugar.

11

WORST Choice: *Vitamin-Filled Water*

You may look at a bottle of vitamin-filled water and instantly think it's great for your health.

I mean, water + vitamins: it's a win-win, right? **WRONG.**

Vitamin-filled water – almost all-brands of this type of water – contains some level of sugar, either from fructose or other forms of sugar.

In fact, one bottle of vitamin water may contain as much as 32 grams of **ADDED** sugar.

Besides that, the vitamins found in this water are not natural, nor are they high-quality vitamins, which could do very little to improve your health.



BETTER Choice:

The better choice is plain, old water! Water contains zero calories, zero grams of sugar, and zero additives or fillers!

For your health, it's best to stick with the original!

12

WORST Choice: Flavored Coconut Water

Yes, coconut water is filled with nutrients that are great for improving your health... hydrating you after a long workout...or providing the right electrolytes.

But, most flavored brands of coconut water contain added sugar, such as fructose and fruit purees.

This adds roughly 30 grams of sugar to your day, meaning you're getting a lot more than hydration from this popular post-workout drink.



BETTER Choice:

Of course the better choice is, once again, water! Water – again – contains no sugar and is a great drink for hydrating your body after a hard workout or when you're spending time in the sun.

**Find Out Which Foods Are
Best For Your Body Type!**

Get Your **FREE** Personalized Results



13 **WORST Choice: Breakfast Cereal**

Think your breakfast cereal is “healthy”? Think again...

Consumer advocacy groups have pinpointed a number of different “healthy” breakfast cereals that contain boatloads of sugar.

The reason: Many of them contain corn syrup, high-fructose corn syrup, honey, molasses, and many others.

So think again before you grab your favorite breakfast cereal in the morning!



BETTER Choice:

If you want to cut down on your added sugar, then consider making yourself a veggie omelet.

Eggs are a great source of protein, and the veggies add a layer of vitamins, minerals, and easy-to-digest carbs that balance out and stabilize your blood sugar.

If you want something extra, pair this together with a slice of sprouted-grain bread or an English muffin for extra fiber and a healthy dose of nutrition.

14 **WORST Choice: Commercial Smoothies**

Commercial smoothies are marketed as a healthy drink – geared as a substitute for a meal, like breakfast or lunch.

But, commercial smoothies may not be any healthier than your favorite candy bar! Most smoothies have an ice cream or a cream base to give it a rich, smooth texture.

And...

Most are flavored with some form of fruit juice, added sugar, of the combination of the two.

Not only does this add up in calories, but it also adds a ton of added sugar to your day!



BETTER Choice:

Homemade smoothies can be a quick and easy way to get your nutrition in the morning.

Add in fresh fruit (skin included), protein powder, almond milk, all-natural peanut butter, and chia seeds and you have a healthy, fiber-rich, blood sugar-controlling meal – all in 30 seconds!

15 **WORST Choice: Commercial Peanut Butter**

Peanut butter may be a good way to feel like a kid again. But most commercial brands contain way too much added sugar.

If you look at the ingredients, more than likely, the second ingredient on the list will be sugar – or some form of it.

This allows the peanut butter to be sweet enough so your kids will eat it too!



BETTER Choice:

There are plenty of all-natural peanut butters on the market that contain no added sugar.

So you get all the goodness of your peanut butter – protein included – without the added worry of your blood sugar going out of control!

Take Home Message

Sugar is a vile substance that can rob your body of its youth...causes unruly cravings...diminishes your energy levels...and causes an obscene amount of belly fat to accumulate on your body.

But:

That's not the worst part...

Too much sugar may cause you to develop some life-threatening diseases that can rob you of many good years.

Avoiding sugar isn't easy...

...simply because sugar is in a lot of the food products you're probably currently eating today.

So before you pick up that box of chips...or that package of instant oatmeal...

Do me a favor and flip it over, carefully check out the label, and see just how much sugar is in that product.

This could be the difference in losing fat...controlling your cravings...or having the energy of a teenager again!

The Blood Sugar Formula

Powered By

13 POTENT NUTRIENTS

You see, GlucoGuardian contains potent nutrients – 13 of them in fact – that clinical studies have shown support and maintain healthy blood sugar levels...to reduce your cravings...to boost energy levels...and burn some of that stubborn belly fat.

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