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Thread: [Quitting added sugar](#)

QuitePotato - December 23, 2018, 2:26 am

It's day 3 without a single gram of added sugar. Hopefully, it will remain so for the next years :)

It's important to say that my consumption was already very low(<15g per normal day with some cheat days where I had a coke and/or sweets), so I'm not getting "withdrawal" symptoms. My breakfast is 3 bars of weetabix and a protein shake(no sugar, but it's artificially sweetened, my next protein will be flavourless and with 0 sweetening).

I switched my sweet cravings for snacks such as biscuit with cheese, smoked salmon, jerky, more fish, pickles, chorizo, yoghurt (it's fucking hard to find yoghurt with low sugar and high fat, basically greek yoghurt is the only one that works). And fruit(I know it's full of sugar, but it behaves differently because of fibre and other things in it).

I'm not doing a low-carb diet, but I try to eat better carbs, high quality rice, pasta, whole grain bread. I'll still eat pizza every now and then, but it has so little protein that you need to supplement it with some extra protein shake or something.

Also, a local place makes insanely good 250g beef burgers, and I eat those a lot too.

Not sure why I'm sharing, do what you will with the information and maybe share your similar stories? ?

Jester Race - December 23, 2018, 8:22 am

Sugar spikes insulin which helps with nutrient shufflin throughout body, key is everything in moderation

Ravioli - December 23, 2018, 1:16 pm

That's good. I rarely eat sugar, but sometimes I do have cheat days. I might have a weed cookie or something and that has added sugar lol.

Bigbop - January 22, 2019, 6:07 pm

God speed soldier, sugar and tobacco are the two hardest drugs to get rid of. Believe in yourself.