



# Yes<sup>TM</sup>

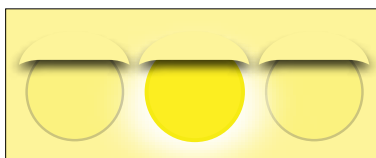
*Your Essential Supplements, Inc.*

## **SUGAR RATER<sup>TM</sup>**

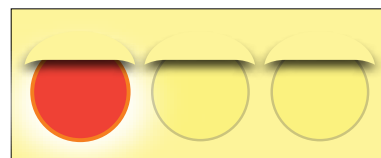
Lowering sugar intake is fundamental to improving your health. The Sugar Rater<sup>TM</sup> will show you the level of sugar in various foods including some of the most popular boxed foods, fast foods, and snacks.



**GO**



**CAUTION**



**STOP**


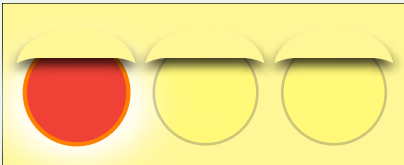

Don't let the word "healthy" fool you. Some foods commonly proclaimed as "healthy" are actually loaded with sugar in disguise. The Sugar Rater<sup>TM</sup> shows you how to make smart food choices by signaling **green** for GO, **yellow** for CAUTION, and **red** for STOP.

It all comes down to portions. With the Sugar Rater<sup>TM</sup> you will find it is easy to prepare your shopping list and prepare nutritious meals.

We developed the **Sugar Rater™** to help you make intelligent food choices using a simple, easy to understand format. This booklet is divided into six sections as a quick reference guide—all foods fall into one of three categories—protein, fat, or carbohydrate. You should make protein the largest component in your diet, followed by natural fats, and lastly carbohydrates. As followers of “the Professor” you know you can eat unlimited amounts of protein and lose lots of weight since ingestion of protein does not trigger an insulin response. Next you can eat natural fats without worry of gaining weight since dietary fat can not directly become body fat. **Note:** *if your goal is to lose weight (not maintenance) you should also minimize dietary fat so your body fat will be used for energy.*

Lastly, cut the carbs to lose weight, look, and feel your best. You want a maximum of 12 teaspoons of sugar a day in your diet (240 calories or 60 gm). This is difficult when you realize the average American consumes 80-100 teaspoons of sugar a day—1600 calories or 400 grams! Keep a running total each day using this simple formula for counting carbs: 20 calories = 5 grams = 1 teaspoon of sugar. The **Sugar Rater™** not only gives you teaspoons of sugar for many popular items it also provides you with a corresponding color code: green—go for it, yellow—consume cautiously, and red—re-evaluate your food choice. The color code attempts to give you the “biggest bang for your carbohydrate buck.”

For instance, you’ll discover that you get a lot more strawberries than you do figs when using the Sugar Rater™ scale. Figs are a very dense fruit so you’d be far more satisfied choosing the strawberries. *Let’s get started.....*

		SERVING	TEASPOONS of SUGAR
Sugar	1 cup	48 tsp	
		1 cup	18 tsp
All-Purpose Flour			

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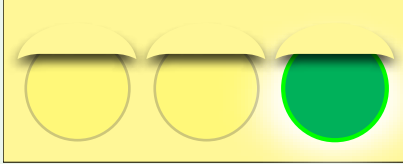

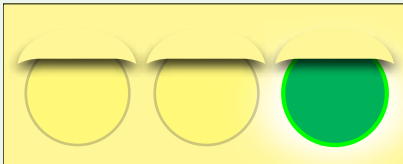

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# Meat & Fish

		SERVING	TEASPOONS of SUGAR
<b>Steak</b>		<b>8 oz</b>	<b>0 tsp</b>
			
<b>Garlic Herb Shrimp</b>		<b>1 lb</b>	<b>0 tsp</b>
			
<b>Turkey (Roasted)</b>		<b>2 pcs</b>	<b>0 tsp</b>