

# JENNIFER HANWAY



## Sugar Free Swaps Guide

# Hi,

I'm Jennifer Hanway, a  
Board-Certified Holistic  
Nutritionist and Women's  
Wellness Expert.



As a professional dancer for many years, I had long understood the significance of a regular wellness routine. My journey to holistic wellness, however, began in London over 15 years ago and has since taken me all over the globe. From running bikini bootcamps at Amansala in Tulum, Mexico, to being a founding team member and Master Trainer at Barre Core, London's first barre studio, and working as Head Nutritionist in Switzerland for Peak Health Retreats.

My trustworthy demeanor and undeniable results have made me one of the best-kept secrets in wellness for clients that include the British Royal Family, Hollywood A-list, and Olympic Athletes.

I am also a sought-after Wellness Speaker and Wellness Expert (previous engagements include SXSW, The GOOD Fest and the W.E.L.L. Summit), and Wellness Writer (previous publications include O Magazine, Martha Stewart Weddings, Well +Good, Charlotte's Book, Hip and Healthy, The Bod Edit, Hello! Magazine, The Daily Telegraph, and W.E.L.L. Insiders) and I am a member of NewBeauty Magazine's Brain Trust.

I empower women to achieve their healthiest selves through my tools of balancing blood sugar, boosting metabolism, healing the gut and creating beautiful skin from within.

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# *Sugar Free Swaps Guide*

Reducing or eliminating added sugars and sweeteners is one of the best things you can do for your metabolic health, your blood sugar balance and even your cholesterol levels!

When we consume sugar and added sweeteners it raises our blood glucose, which in turn causes our body to produce insulin, the hormone that tells our body to switch from fat burning mode to fat storage mode.

It also increases inflammation throughout the body, causes hormone imbalances, disrupts your gut microbiome and causes premature aging - not cute!

But with added sugar and sweeteners in almost every food we buy, it can be challenging to cut these out of our diet, so I've created this simple guide to help you ditch the sweet stuff for good.



How to Spot Added Sugars and Sweeteners - food manufacturers can be sneaky, and will use many different names and types of sugars to sneak it into your everyday products without you even noticing!

And it's a common misconception that 'natural' sugars and sweeteners such as coconut sugar, honey and maple syrup are better for us. Unfortunately these have much the same impact on your blood glucose as regular white sugar.

Here are some of the most common names for sugar to look out for in your everyday foods:

#### Common Names For Sugars:

- white
- brown
- cane
- raw
- beet
- confectioners
- high fructose corn syrup
- malt
- refiners
- rice

#### Technical Names For Sugars:

- dextrose
- fructose
- lactose
- maltose
- galactose
- sucrose
- ribose
- saccharose
- glucose
- monosaccharide
- disaccharide
- polysaccharide

#### 'Natural' Sugars:

- |                  |               |                 |
|------------------|---------------|-----------------|
| • agave          | • maple sugar | • cane juice    |
| • coconut nectar | • maple syrup | • molasses      |
| • coconut sugar  | • honey       | • rice malt     |
| • date sugar     | • fruit juice | • sorghum syrup |
| • treacle        |               |                 |

# Sugar Free Swaps Guide

My number one tip for reducing added sugars and sweeteners in your diet?

Check the label!

Ignore the front of the packaging and flip straight to the back to read the ingredients list - you'll be surprised how much sugar and how many different types are in some of your favourite 'healthy' foods!

## Ignore The Front:

The front of food packaging is for marketing only and does not provide any real information about what is in the product. Flip the package around and focus on what is on the back

## Read The Ingredient Label:

This is the key part of the packaging and you should always check the ingredients! They are labeled in order of prevalence from most to least. Look for added sugars and caloric sweeteners.

**INGREDIENTS:** Gluten-Free Oats, Coconut Sugar, Raw Virgin Coconut Oil, Dark Chocolate Chunks (Cane Sugar, Chocolate Liquor, Cocoa Butter, Vanilla Extract), Sunflower Seeds, Puffed Amaranth, Cacao Powder, Quinoa Flakes, Cinnamon, Sea Salt, Chia Seeds, Probiotic Cultures

## Nutrition Facts

About 8 servings per container  
Serving size 1/3 Cup (30g)

Amount Per Serving  
**Calories 170**

% Daily Value \*

Total Fat 12g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 6g	

Vit. D 0mcg 0% • Calcium 20mg 2%  
Iron 1mg 6% • Potas. 177mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Check The Serving Size:

If the serving size is 1 cup, but you normally eat 2 cups, you are also getting twice the sugar, calories and other nutrients listed on the label

## Pay Attention To Added Sugars:

Avoid foods with added sugars including "natural" sugars as they contain less nutrients and are more likely to spike your blood sugar

# *Sugar Free Swaps Guide*

I've compiled a list of sugar free staple products that you can use to replace your everyday options - you won't even notice the difference!

## Cereal

- Three Wishes
- Nature's Path Puffed Rice Cereal
- Purely Elizabeth Superfoods Oats
- Lakanto Granola
- Thrive Market Organic Coconut Flakes Cereal
- Lovebird Cereal

## Pancake and Waffle Mix

- Simple Mills Pancake and Waffle Mix
- Birch Benders Pancake Mix
- Thrive Market Paleo Pancake & Waffle Mix

## Baking

- All Lakanto Baking Mixes
- Lakanto Maple Syrup
- Lily's Sweets Chocolate Chips

## Pizza Dough Mixes

- Simple Mills Pizza Dough Mix
- Bob's Red Mill Pizza Crust Mix
- Thrive Market Paleo Pizza Crust

# *Smart Swaps Guide*

## Wraps, Burritos, Tortillas and Tacos

- Siete Foods Tortillas
- Siete Foods Taco Shells
- Thrive Market Grain-Free Taco Shells
- Thrive Market Coconut Wraps
- Untortilla

## Bread

- Base Culture
- Unbun/Unbread
- Simple Mills Bread Mix

## Crackers

- Hu Kitchen
- Simple Mills
- Marys Gone Crackers
- Flackers

## Chips

- Siete Foods Tortilla Chips Sea Salt, No Salt, Lime, Fuego, Nacho
- Siete Foods Dip Chips
- All Thrive Market Grain-Free Tortilla Chips varieties

# *Smart Swaps Guide*

## Dairy and Plant Based Dairy Alternatives

Note: Typically I recommend organic full fat cows dairy, goat and sheep dairy and (non-soy) plant based dairy alternatives.

### Plant Based Milk

- Whole Foods 365 Unsweetened Almond Milk (Original and Vanilla)
- Lavva Unsweetened Plant Milk (Original and Chocolate)
- All Unsweetened Elmhurst varieties
- All Unsweetened Milkadamia varieties
- All Unsweetened Silk varieties
- All Unsweetened Califia Farms varieties
- All Three Trees varieties
- All Malk varieties
- Thrive Market Unsweetened Almond Non-Dairy Beverage

### Plant Based Creamers

- Elmhurst Unsweetened Oat Creamer
- Califia Farms Unsweetened Better Half Coffee Creamer
- All Unsweetened Nut Pods Creamer



# *Smart Swaps Guide*

## Plant Based Yoghurts

- Forager Project Unsweetened Plain Cashewmilk Yoghurt
- Kite Hill Plain Unsweetened Almond Milk, Unsweetened Greek Style (Plain and Vanilla), Blissful Unsweetened Coconut
- So Delicious Unsweetened Coconutmilk Yoghurt Alternative
- All Cocoyo Living Coconut Yoghurt varieties
- Cocojune Organic Pure Coconut Cultured Yoghurt
- Califia Probiotic Dairy Free Yogurt

## Dairy Yoghurts

- Siggis Plain Whole Milk Yoghurt
- Chobani Greek Yogurt Whole Milk Plain
- Wallabi Organic Aussie Greek Plain
- Maple Hill Creamery Whole Milk Plain Greek Yoghurt
- Stonyfield Organic Greek Plain Whole Milk
- Straus Organic Whole Greek Yogurt
- Any full fat unsweetened sheep's milk yoghurt
- Any full fat unsweetened goat's milk yoghurt

# *Smart Swaps Guide*

## Sauces and Condiments

### Ketchup

- Primal Kitchen
- The New Primal

### Mayonnaise

- Primal Kitchen
- Chosen Foods
- Thrive Market

### BBQ Sauce

- Primal Kitchen Foods
- The New Primal

### Pasta Sauce

- All Rao's Homemade varieties
- All Primal Kitchen varieties
- All Thrive Market pasta sauces

# *Smart Swaps Guide*

## Salad Dressings

- All Primal Kitchen varieties
- All Whole 30 varieties
- All Noble Made by the New Primal varieties

## Peanut Butter, Nut Butter and Seed Butter

- Wellesley Farms Creamy Organic Peanut Butter
- Whole Foods 365 Almond, Cashew and Peanut Butter + Tahini
- Artisana Foods Raw Walnut, Cashew, Almond, Coconut and Pecan Butter + Tahini
- Thrive Market Almond, Cashew and Peanut Butter + Tahini

## Desserts

- So Delicious Coconut Milk No Sugar Added
- Mammoth Creameries Vanilla Bean Frozen Custard
- Lakanto Keto Crunchy Cookies

## Chocolate / Candy

- All 100% Cacao varieties (these are unsweetened by nature)
- All Lily's Sweets varieties
- Lakanto Chocolate
- All Evolved Chocolate Keto Cups varieties
- Evolved Filled Chocolate Bars (Keto Brownie Batter and Keto Nut Butter)

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## Protein Bars

- Epic
- RX
- Bulletproof Collagen
- No Cow

## Protein Snacks

- Epic Pork Rinds (Sea Salt & Pepper, Himalayan Salt & Sea Salt, Texas BBQ, Chili Lime)
- All Chomps Meat Sticks varieties
- All Thrive Market Meat Sticks varieties
- The New Primal Sea Salt Beef Thins
- All The New Primal Meat Stick varieties (except Spicy Beef)

## Protein Powders

- Equip Grass Fed Beef Protein
- Mikuna Chocho Superfood Protein

# *Smart Swaps Guide*

## Soda and Sparkling Drinks

- Zevia
- Sound
- Bubly
- MINNA
- Virgils Zero Sugar
- Spindrift Sparkling Water
- La Croix

## Wine

- Fitvine
- Dry Farm Wines
- Scout & Cellar

# *Smart Swaps Guide*

Links for Online Shopping - these products can be hard to find in stores or are only available online

(some links provide exclusive discounts)

- [Thrive Market](#)
- [Lakanto](#)
- [Lovebird Cereal](#)
- [Lily's Sweets](#)
- [Primal Kitchen Foods](#)
- [Equip Protein Powder](#)
- [Mikuna Protein Powder](#)
- [Dry Farm Wines](#)

# Interested In Learning More?

Lean & Clean is my online weight loss program designed specifically for women to help you achieve sustainable weight loss, boost your metabolism, burn fat, balance your hormones and look and feel younger for longer.

It includes a Metabolic Reset Diet Plan, recipes, and workouts, video masterclasses and downloadable guides plus weekly live coaching, accountability, and support from a Women's Weight Loss Expert.

Using my science based, evidence backed Fat Burning Foods and Fat Burning Fitness Formulas, this online metabolic weight loss program helps you achieve sustainable weight loss and a faster metabolism, even through perimenopause and menopause.

*"I have just completed the Lean and Clean Program with Jennifer Hanway. I did the program in hopes of losing weight, which I have found very difficult over the last few years as I got older. I lost a total of 16 pounds which I was very happy about, but I was happier to learn this new way of eating." Ellen, 47*

[Click here to learn about more Lean & Clean](#)



## LEAN & CLEAN

WITH JENNIFER HANWAY