THE SWEET LIFE: GETTING REAL ABOUT SUGAR

Kelly L. Dick, CPT
UK Health and Wellness
Graduate Assistant
ADDED VS NATURAL SUGARS

• Added sugars are infused into foods during processing or preparation

• Naturally occurring sugars are found in fruits and milk
  • Healthful and beneficial
DANGERS OF ADDED SUGAR

- Weight gain
- Low nutrient diet
- Low HDL ("good" cholesterol)
- Elevated triglycerides
- Tooth decay
- Dull skin and wrinkles
Why Do We Crave Sugar?

- Sugar releases serotonin and endorphins (“feel good” hormones)
  - “Reward”
  - Reinforces the craving

- Stress
  - Adrenal glands release hormones that cause us to seek energy
    - High sugar foods

- Lack of sleep
  - You need energy; also harder to feel full and easier to feel “hungry”

- Dehydration
  - Can imitate hunger
  - Water intake recommendation = half your weight in ounces (120/2 = 60)
  - Have a glass of water and see what happens
American Heart Association recommendations for sugar intake

- **Women**
  - 25 g per day = 6 teaspoons = 100 calories

- **Men**
  - 38 g per day = 9 teaspoons = 150 calories

How much sugar does the average American intake each day?
88 grams
22 teaspoons
350 calories
“Health Halo”

- Labels and packaging can cause some foods to appear healthful.
- This “aura of health” can be a marketing ploy:
  - Just because a food looks healthful, doesn’t necessarily mean it is.
- Especially relevant with ready-to-eat, convenience food.
Nutrition Facts
Serving Size 1 bar (35g)
Servings Per Container 6

Amount Per Serving
Calories 140
Calories from Fat 30

% Daily Value*
Total Fat 3.5g 5%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 1.5g
Cholesterol 0mg 0%
Sodium 100mg 4%
Total Carbohydrate 25g 8%
Dietary Fiber 1g 4%
Sugars 12g
Protein 2g

Iron 2%

Not a significant source of vitamin A, vitamin C and calcium.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>


DISTRIBUTED BY: SMALL PLANET FOODS, INC.
SEDRO-WOOLLEY, WA 98284 USA

CERTIFIED ORGANIC
This product is certified organic by the Washington State Department of Agriculture in accordance with the organic standards of the U.S. Department of Agriculture.
GUESS THE GRAMS

Can you correctly estimate how many grams of sugar are in one serving of each of the following “health” foods?
QUAKER OATMEAL TO-GO BARS

One bar:
19g sugar (5 tsp)
220 calories
Better Choice

- Prepare plain oatmeal
- Flavor yourself
- Old-fashioned oats = most fiber
- Time crunch?
  - Prepare a large pot of homemade oatmeal at the beginning of the week
BERTOLLI VINEYARD MARINARA

One cup:

24g sugar (6 tsp)
160 calories
1000mg sodium
BETTER CHOICE

- Ragu Old World Style Traditional
  - 10g sugar per cup
- Barilla Marinara
  - 12g sugar per cup
- Classico Tomato and Basil
  - 12g sugar per cup
- BEST: Make your own!
VITAMIN WATER

One 24 oz Bottle:

32g sugar (8 tsp)

125 calories

NO fruit juice
BETTER CHOICE

- Flavored sparkling water
  - No calories
  - No sugar
  - No artificial sweeteners

- BEST: Drink plain water!
WHAT’S IN A NAME?

Agave, Agave Nectar, Barley Malt Extract, Brown Rice Syrup, Brown sugar, Corn sugar, Corn sweetener, Corn syrup or corn syrup solids, Crystalline Fructose, Dehydrated Cane Juice, Dextrin, Dextrose, Evaporated Cane Juice, Evaporated Cane Syrup, Fructose, Fruit juice concentrate, Glucose, High-fructose corn syrup, Honey, Invert sugar (golden syrup), Lactose, Maltodextrin, Malt syrup, Maltose, Maple syrup, Molasses, Raw Sugar, Rice Syrup, Saccharose, Sucrose, Sugar, Sorghum, Sorghum syrup, Syrup, Treacle, Turbinado Sugar, Xylose
What can you do to help decrease your added-sugar intake?

• Ignore the packaging and **read the food label**
• **Read the ingredient list**
  
  **RED FLAG** = if “sugar” is within first 3 ingredients
  
  Ingredients are listed in order by weight
• **Remember pseudo names for sugar**
• **Cut down slowly**
  
  • Forget going cold turkey
  • If you have 2 Cokes per day, cut down to 1 per day
Let’s Get Real

• Go half and half with beverages
  • ½ regular coke & ½ diet soda
  • ½ sweet and ½ unsweetened tea
  • Then cut back to ¼ sweetened portion

• Get flavor in other ways
  • Spices, natural peanut butter, all-fruit spreads, pureed or cooked fruit
  • Use with toast, pancakes oatmeal, yogurt….use your imagination!

• Substitute applesauce or pureed fruit for ½ the sugar in recipes or cut the sugar by 1/3 (as appropriate)
LET’S GET REAL

• Be conservative with sports drinks and bars
  • Depends on duration and intensity of exercise

• Get chocolate fixes in small doses
  • Fruit dipped in chocolate sauce
  • Mini piece of dark chocolate

• Choose the right breakfast cereal
  • $\leq 10$g sugar AND $\geq 3$g fiber
  • Use diced fruit to sweeten
LETS'S GET REAL

• When possible, don’t add sugar to foods
  • Soups, casseroles, sauces

• Watch out for mixed alcoholic drinks
  • Thick with sugar
  • Stick with wine, beer, straight, or mix with unsweetened mixer

• Go for a walk
  • Studies have shown that post-exercise cravings are salty rather than sweet

• If you’re having a hard time cutting back on sodas or juices – drink water between each soda or juice drink
Let's Get Real

- **Three-Bite Rule**
  - Takes 3-5 “bites” to satisfy a sugar craving
  - 3 bites = miniature candy bar

- **Don’t skip meals**
  - Blood glucose drops → propels you toward high-sugar food to quell cravings

- **Have a daily sugar “quota” and use on foods that mean the most**
  - Use on desserts rather than on foods with “hidden sugar”

- **Set parameters**
  - Dessert: only after dinner; odd days of month; only at restaurants
  - Ice cream: don’t keep in fridge; only buy at parlor
HOW CAN H&W HELP?

http://www.uky.edu/HR/wellness/programs.html

• FREE Nutritional Consultations
• Weight Loss Matters
• Wellness and Wheels
• Health Coaching (Be H.I.P.)
• FREE Exercise Consults
• Body Shop Fitness
Any Questions