Dissolving the Confusion with SUGAR

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EHHD BE WELL EMPLOYEE WELLNESS PROGRAM
Today’s Outline

- What is sugar?
- Sugar consumption in America
- Why do we crave sugar?
- Become an educated consumer
- Pros/cons of sugar substitutes
- How to give into your sweet tooth wisely
What is sugar?

- A simple type of carbohydrate our bodies use for energy
- Simple sugars are made up of one (monosaccharide) or two sugars (disaccharides) molecules
- Table sugar or sucrose is a simple sugar composed of glucose and fructose
- Complex sugars are longer chains (oligo and polysaccharides) that take longer to break down into simple sugars, causing them to be processed slower and a more gradual rise in blood sugar
- Foods with fiber and starch such as fruits are complex
- Our bodies are designed to run on glucose for daily functions and our brains and livers run most efficiently from this source
Sugar vs Added Sugar

Naturally occurring sources
- Fruit
- Vegetables
- Dairy
- Whole grains

Added Sugar
- Added to foods during processing or preparation
- Sugars, syrups, fruit concentrates
- Found in cake, candy, cookies
- But also...many other products!!!
On average how many pounds of added sugar does an American consume in a year?

Estimated to be 75 pounds a year!
What does that look like on a daily basis?

- 22 teaspoons per American or a little less than 1/4 lb of sugar a day
- Rule of thumb: 1 packet of sugar = 1 teaspoon
Why is sugar everywhere in our foods and drinks?

- Universal appeal
- Gives flavor, texture and color
- Preserves foods
- Fuels fermentation
- Bulking agent
- Balances the acidity of foods
Why do we crave sugar?

- Hardwired as humans
- Here’s why: Please click to watch video!
Is sugar really *that* bad?

- Weight gain and obesity
- Cavities
- Insulin Resistance → Type 2 Diabetes
- Increased triglycerides
- Increased risk for chronic disease
What are the dietary guidelines for sugar?

10% of calories

WHAT DOES THAT MEAN?!
Recommendations for Added Sugar

- AHA recommends 6 tsp females, 9 tsp males per day, 3-6 tsp for children depending on age
- WHO suggests maximum of 10% of calories, but more ideally 5% (or 6 tsp/day if eating 2000 calories)
- Average American consumes 22 tsp sugar/day
- Teens thought to be consuming 30-41 tsps/day
What is the Number 1 source of added sugar in the average American diet?
Sugar Sweetened Beverages! (We’re not just talking about soda here)

- Sports Drinks (Powerade and Gatorade)
- Specialty coffee beverages (pre-bottled and from Starbucks/Dunkin Donuts)
- Chocolate milk
- Fruit punch
- Ice Tea
- Energy Drinks
- Lemonade
How to tell how much sugar a food contains?

**Nutrition Facts Label**
The line for “Sugars” you see on the Nutrition Facts label includes **both** added and naturally occurring sugars in the product.

**Ingredient List**
Sugar goes by many names
Reading a label 20 oz Coke

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Bottle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories 240</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Sodium 75mg</td>
</tr>
<tr>
<td>Total Carb. 65g</td>
</tr>
<tr>
<td>Sugars 65g</td>
</tr>
<tr>
<td>Protein 0g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
</tr>
<tr>
<td>3%</td>
</tr>
<tr>
<td>22%</td>
</tr>
</tbody>
</table>

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.
Percent Daily Values are based on a 2,000 calorie diet.

Caffeine Content: 57 mg

INGREDIENTS

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.
4 grams = 1 teaspoon of sugar

Twenty oz soda with 65g of sugar has **16!** teaspoons?
Drink Water instead of Sugary Drinks

Why drink water?

Water plays an important role in your body's functions. Every system in your body depends on water:

- Regulates body temperature
- Moistsens tissues

- Lubricates joints
- Helps flush out waste

- Carries nutrients to cells
- Protects organs

SUGAR SHOCKERS

100% JUICE SMOOTHIE
15.2 oz. bottle — 300 calories
60 grams sugar

LEMON-LIME SODA
20 oz. bottle — 285 calories
77 grams sugar

ORANGE SODA
20 oz. bottle — 325 calories
85 grams sugar

COLA WITH ICE
44 oz. cup — 540 calories
58 oz. cola, 6 oz. ice, 128 grams sugar

One sugar cube = 2.5 grams of sugar. NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.
ICED COFFEE MOCHA FLAVOR
9.5 oz. bottle ▲ 180 calories
31 grams sugar

SPORTS DRINK
20 oz. bottle ▲ 125 calories
35 grams sugar

SWEETENED ICED TEA
16 oz. bottle ▲ 180 calories
36 grams sugar

ENERGY DRINK
15 oz. can ▲ 200 calories
54 grams sugar

100% ORANGE JUICE
8 oz. glass ▲ 110 calories
21 grams sugar

CHOCOLATE SKIM MILK
8 oz. glass ▲ 145 calories
23 grams sugar

100% APPLE JUICE
8 oz. glass ▲ 115 calories
27 grams sugar

CRANBERRY JUICE COCKTAIL
8 oz. glass ▲ 120 calories
30 grams sugar

COFFEE
8 oz. cup ▲ 0 calories
0 grams sugar

VEGETABLE JUICE
8 oz. glass ▲ 50 calories
8 grams sugar

SOY MILK
8 oz. glass ▲ 120 calories
8 grams sugar

SKIM MILK
8 oz. glass ▲ 90 calories
12 grams sugar

Adults and children drink about 400 calories per day as beverages. Drinking water is your best bet when you’re thirsty. Regular soda, energy or sports drink, and other sweet drinks usually contain a lot more sugar and calories than you need. Water is a great choice because it is calorie-free, inexpensive, and you can find it nearly everywhere.

When water just won’t do—enjoy the beverage of your choice, but just drink less. Check the serving size and the number of servings in the container and keep your portion small.

One sugar cube = 2.5 grams of sugar. NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.
Quick note about fruit juice

- Yes it’s made from fruit
- But 1 cup of grape juice has 9 tsps. of sugar
- To get that much from the whole fruit you’d have to eat 100 grapes!!
- Yes a small amount of vitamins, but no fiber for slower digestion
- Some companies will add even more sugar, so check the ingredient label!
Not so obvious added sugar sources

- Granola, granola bars and cereals
- Dried fruit
- Tomato or pasta sauce
- Yogurt
- Condiments like salad dressing, BBQ sauce, ketchup
- Frozen entrees
How can I be getting 22 tsps of sugar a day?!

That's already over the recommended daily limit for women, and close to it for men - just at breakfast!

29 g of sugar

25 g of sugar

Yes, there really is that much sugar in tomato sauce and BBQ sauce!

24 g of sugar

25 g of sugar

30 g of sugar

24 g of sugar

One large muffin adds up to more than an entire day's worth of sugar!
Well yogurt's healthy right?!

### Dannon Low Fat Vanilla

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily value**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>20</td>
</tr>
<tr>
<td>Total fat</td>
<td>2g</td>
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<tr>
<td>Saturated fat</td>
<td>1.5g</td>
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<tr>
<td>Trans fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>310mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>22g</td>
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<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugar</td>
<td>22g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
</tr>
</tbody>
</table>

### Siggi's Low Fat Vanilla - Less than 1/2 the sugar of the other!

| Serving Size 1 container (150g) | Calories Per Container 1 | Calories from fat 0%
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>Saturated Fat 0g</td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 60mg</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugar 9g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 14g</td>
<td>28%</td>
<td></td>
</tr>
</tbody>
</table>
Good News – big push for the new label July 2018 to have added sugars as a separate line on the label

Bad News – getting lots of pushback from food companies and big debate about what is considered the definition for an “added sugar”
Over 60 Names for sugar on a label!

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar molecules ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Syrup
- Crystal solids
What about High Fructose Corn Syrup?

- Has received a lot of press
- Many deem as unhealthy
- Cheap to produce and in many products
- Easily blended and creates good texture
- Made up of fructose and glucose
- Nutritionally and chemically very comparable to table sugar

**BEST TO THINK ABOUT OVERALL INTAKE OF ADDED SUGAR!**
Trendy Types of “Sugar”

- Examples:
  - Sugar in the raw
  - Brown rice syrup
  - Coconut sugar
  - Agave syrup
  - Date sugar

- Metabolized very similarly to table sugar!

- Consume in small amounts and don’t think of as a free pass!
If it sounds too good can it be true?

- Non-nutritive Sweeteners-aspartame (equal), sucralose (Splenda), saccharin (Sweet’n low), sugar alcohols (xylitol and sorbitol), stevia
  - Offer no nutritional benefits (no vitamin, minerals and low/no calories)
  - Taking place of nutritious foods?
  - May be tricking brain into thinking getting food with taste, but no energy to back the taste so eat more later
  - Recent research suggests may be negatively affecting microbiome bacteria-stay tuned for more on this!

- Diabetics may be recommended these types of sweeteners because it will not affect insulin, help maintain healthy blood sugar levels-should be discussed with doctor on individual basis

SUGAR FREE DOESN’T EQUAL HEALTHY
Buyer Beware! Low fat products replace the fat with added sugar to make it taste good!

**Skippy’s Low Fat Peanut Butter**

- **Serving Size:** 34g
- **Servings per container:** varies
- **Amount per serving**
  - Calories 180
  - Total Fat 12g
  - Saturated Fat 2g
  - Cholesterol 0mg
  - Sodium 170mg
  - Carbohydrates 14g
    - Fiber 2g
    - Sugar 4g
  - Protein 7g

**Ingredients:** Roasted Peanuts, Corn Syrup Solids, Sugar, Soy Protein Concentrate, Salt, Hydrogenated Vegetable Oil (Cottonseed, Soybean and Rapeseed Oil) To Prevent Separation, Mono- and Diglycerides, Minerals (Magnesium Oxide, Zinc Oxide, Ferric Orthophosphate, Copper Sulfate), Vitamins (Niacinamide, Pyridoxine Hydrochloride, Folic Acid).

**Teddie’s Peanut Butter - Preferable!**

- **Ingredients:** Dry Roasted Peanuts

***Teddie’s has no added sugar, only peanuts in ingredient list compared to Skippys Low Fat which has 1 teaspoon of sugar in 2 tablespoons of peanut butter and corn syrup solids and sugar are at the top of the ingredient list!***
Best ways to give into your sweet tooth

**Naturally sweet alternatives:**

- Cocoa powder to frozen bananas or a smoothie
- One teaspoon honey in a serving of plain yogurt with berries, ground nuts, and a dash of cinnamon and nutmeg
- Fresh sliced strawberries (vs. jam) with almond butter on a rice cake
- Caramelized onions (instead of ketchup) on a lean hamburger
- Homemade fruit sorbet vs. ice cream
- A muffin recipe made with apple sauce (vs. white/brown sugar)
- Use fresh fruit or citrus to flavor water
- Seltzer with a splash of juice (vs. soda)
Added Sugar isn’t the only one to blame

- Consume products with little to no added sugar, cutting a little out here and there goes a long way
- Focus on getting sugar from fruits, vegetables, whole grains and dairy products
- Think about whole diet
Interested in More? Documentaries to see!

- Sugar Coated
- Fed Up
- King Corn
- Hungry for Change
Thank You!

► Don’t forget March is National Nutrition Month

► Please complete this survey to get credit!