

Added Sugar

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CAPE COD HEALTHCARE

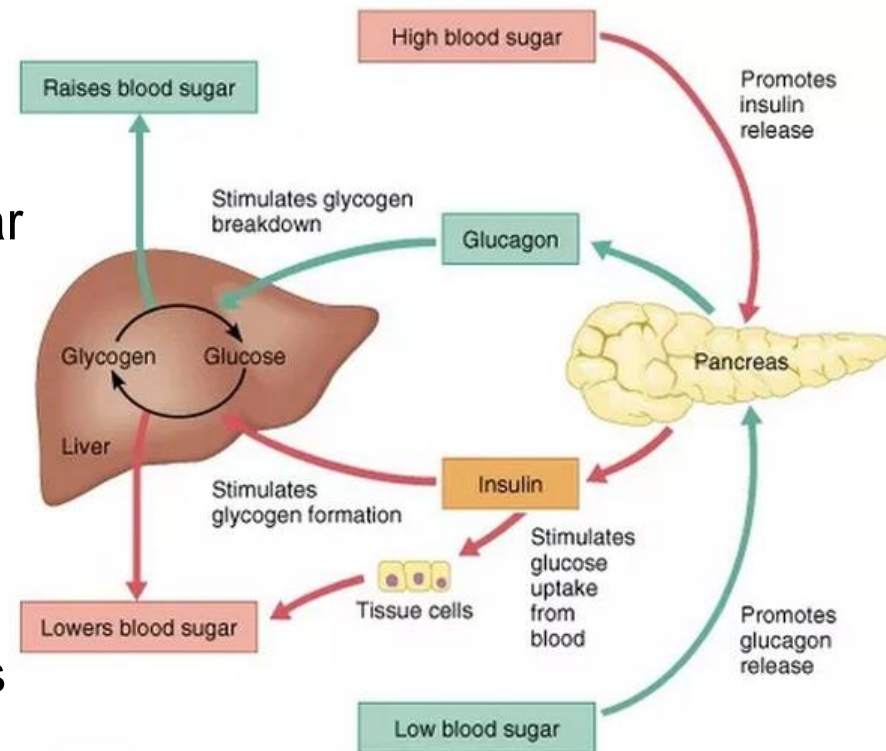
Overview

- Review sugar intake its effects on health
- Look at current recommendations for sugar intake
- Discuss how to manage sugar intake
 - Label reading
 - Identifying various types of sugar
 - Review strategies for reducing sugar in our eating patterns



Sugar Regulation & Your Body

- Sugar or starch is consumed, digested, and absorbed into the bloodstream, causing a spike in blood sugar
- This triggers the release of **insulin**, a hormone made in our pancreas that signals cells to increase uptake of sugar to bring blood sugar levels back to normal
 - Sugar is then stored as *glycogen* in our liver and muscles
- When blood sugar levels fall below normal, our pancreas releases **glucagon**, a hormone that signals cells to break down glycogen into glucose/sugar to bring blood sugar levels back up to normal



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Sugar & Health

- The body relies on glucose as an energy source
- However, you can obtain all of the sugar you need by getting it from whole foods sources of carbohydrates like fruits, vegetables, dairy, and whole grains which are rich in vitamins, minerals, antioxidants, fiber and other beneficial nutrients
- Added sugar: something *added* to a food during processing that wouldn't naturally be there
 - No nutritional value in sugar (nutritionally poor, calorically dense)
 - In about 75% of processed food products
- High intakes of sugar have been associated with conditions such as:
 - High cholesterol
 - Heart disease
 - Type 2 Diabetes
 - Weight Gain



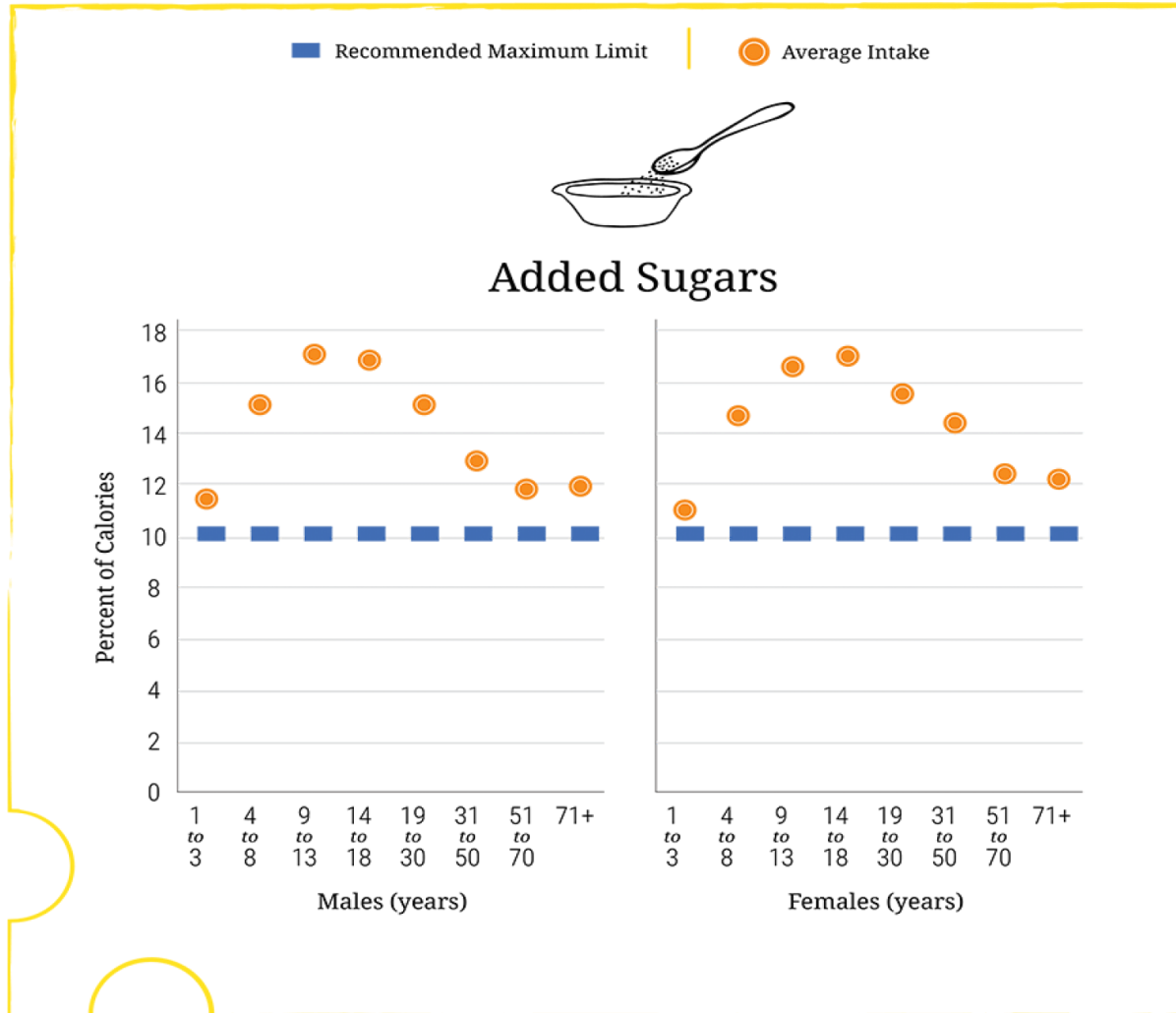
Sugar Intake Recommendations

- < 10% of calories
- As little as possible to avoid empty calories and prevent chronic disease



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Sugar Intake in the U.S



- The average American consumes **22 teaspoons** of sugar per day
 - 88 grams
 - ~350 calories
 - ~13% of calories
- 150-170 pounds of refined sugar per year

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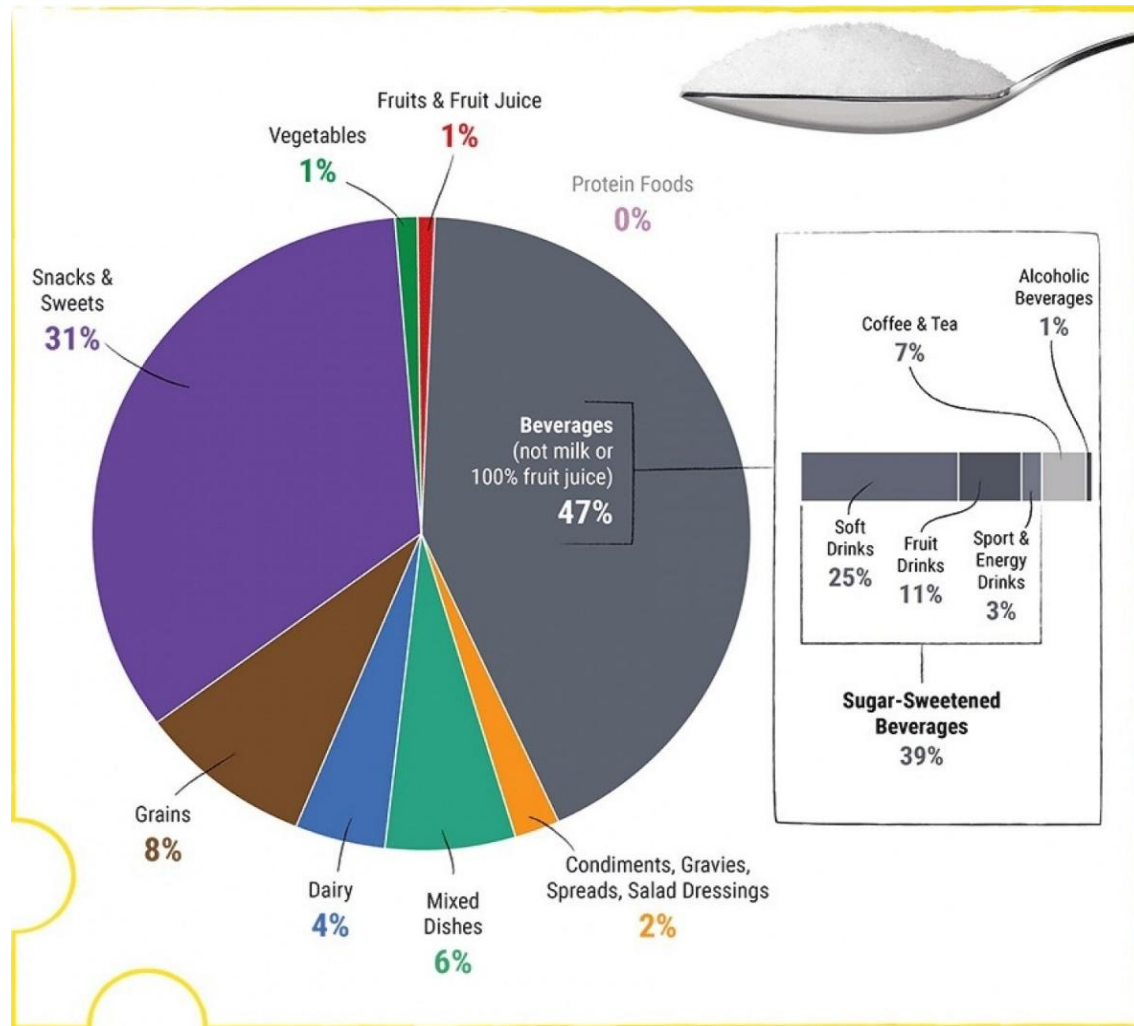
Can You Guess How Much Sugar?



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Where is it Hiding and Why?

- Added for :
 - Preservation
 - Fermentation
 - Balancing acidity
 - Adding flavor, color, texture, sweetness
- Almost $\frac{1}{2}$ of our added sugar intake comes from sugar-sweetened beverages
- Common sources include cereal, candy, chocolate, flavored yogurt, condiments, baked goods, ice cream, instant oatmeal, granola bars



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How Do We Find Added Sugars?

- Grams of sugar required to be included on food label
 - Can't distinguish between natural (like fructose in fruit) or added sugar
- Look at the ingredients list
 - Anything with sugar in the first 3 ingredients is likely high in sugar
 - Look for the word “sugar” and things ending in “-ose”
 - Beet Sugar
 - Cane Sugar
 - Brown Rice Syrup
 - Agave Nectar
 - Caramel
 - Corn Syrup
 - Corn Syrup Solids
 - High Fructose Corn Syrup
 - Date Sugar
 - Glucose
 - Malt Syrup
 - Maple Syrup
 - Fruit Juice Concentrate
 - Molasses
 - Sucrose
 - Evaporated Cane Juice
 - Tapioca Syrup
 - Fructose
 - Honey
 - Invert Sugar

New Nutrition Facts Label: Adding “Added Sugar”

CURRENT VS NEW

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* 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.	

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Artificial Sweeteners, Sugar Alcohols, Etc.

- Generally Recognized As Safe (GRAS) by FDA
- Artificial Sweeteners
 - Acesulfame-K – Sweet One, Sunett
 - Aspartame – Equal, Nutra Sweet
 - Neotame – no consumer product
 - Saccharin – Sweet 'n' Low
 - Sucralose – Splenda
- Sugar Alcohols/Polyols
 - Xylitol
 - Mannitol
 - Erythritol
 - Sorbitol
- Other Sweeteners
 - Stevia – Truvia, Sweet Leaf
 - Luo Han Guo – Monk Fruit Extract
- Research remains conflicted about effects on weight loss and other aspects of health
- Recommendation is still to consume as little as possible, just like sugar



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The Bottom Line

- Minimize intake of sugar-sweetened beverages
- Opt for plain yogurt and add your own fruit
- Choose cereals with <6g of sugar and whole grain 1st ingredient
- Roast or grill fruit for a sweet treat
- Choose smaller portions of sweetened foods/drinks
- Use alternatives to sugar in baking such as applesauce, bananas, etc.

Choose **whole foods** that aren't processed or laden with added sugars

Keep use of sweeteners of any kind to a minimum

References/Resources

- <https://newsinhealth.nih.gov/issue/oct2014/feature1>
- http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.WNP9zDsrLIU
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- <https://www.nal.usda.gov/fnic/nutritive-and-nonnutritive-sweetener-resources>