

Sugar Shockers

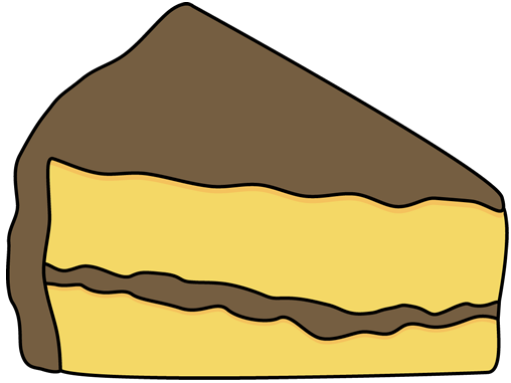


Today, we will learn:

- ☐ How the brain responds to sugar
- ☐ How to recognize sugar on Nutrition labels
- ☐ The realities of sugar substitutes and other sweeteners
- ☐ How to reduce added sugar in our diet
- ☐ The difference between added sugar and natural sugar



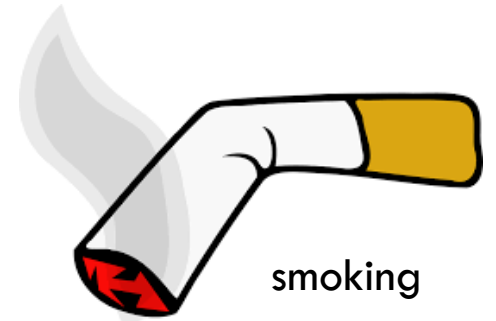
What do these activities have in common?



chocolate cake



skydiving



smoking



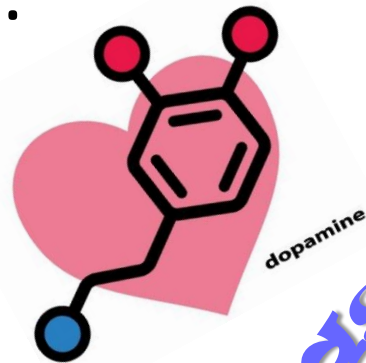
the third cup of coffee



gambling

Brain Chemicals

Dopamine is the brain chemical that allows us to have feelings of:

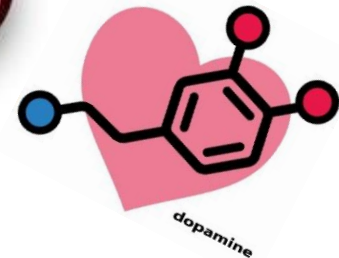
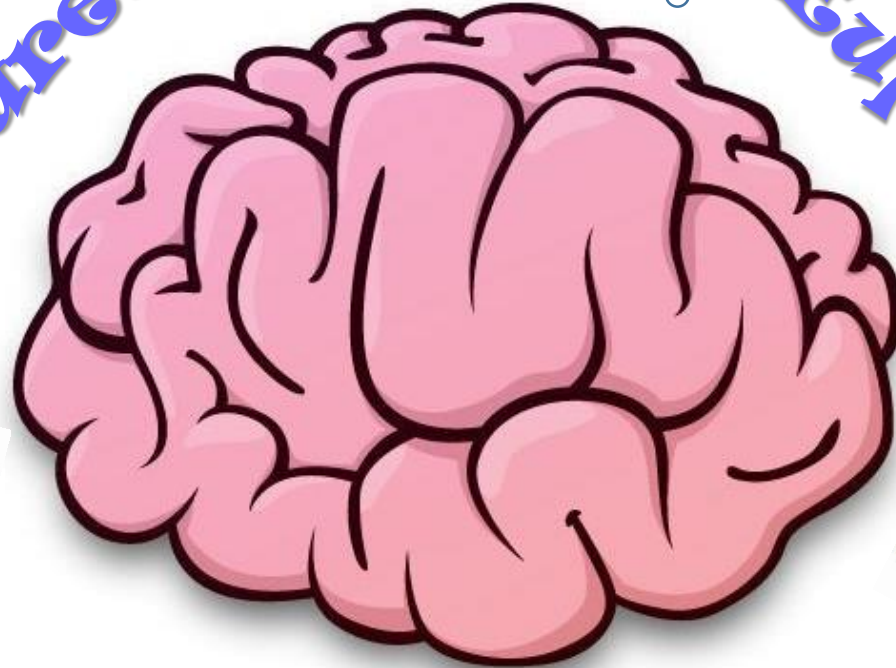
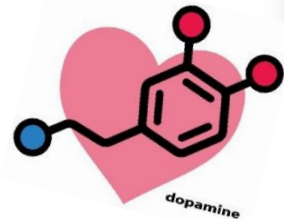


Pleasure!

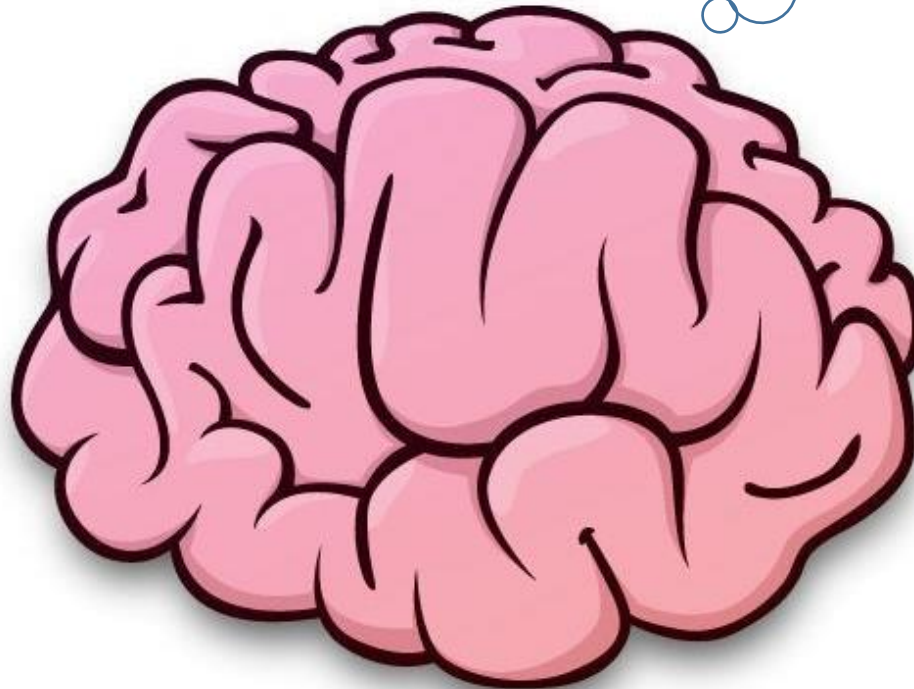
Bliss!

I should do that again!!

Euphoria!



Brain Reaction



I CAN'T
#CONTROLMESELF





On average, Americans eat about 22 teaspoons of sugar in one day.



That's 150 pounds of sugar per year!!

Top 5 sources of added sugars



sweetened
beverages



baked goods



dairy desserts



candy



cereal

Added
sugars are in
more than 75% of
the products sold in
supermarkets.

Here's what makes
it tricky...

Sugar: Hiding in Plain Sight

46 names for added sugars

USED IN PROCESSED FOODS AND BEVERAGES:

- | | | |
|--------------------------|--|---------------------|
| 1. Agave | 17. Diatase | 32. Lactose |
| 2. Barley malt | 18. Date sugar | 33. Maltodextrin |
| 3. Beet sugar | 19. Dextrin | 34. Maltose |
| 4. Blackstrap molasses | 20. Dextrose | 35. Maple syrup |
| 5. Brown sugar | 21. Diastatic malt | 36. Palm sugar |
| 6. Brown rice syrup | 22. Evaporated cane juice | 37. Raw sugar |
| 7. Cane sugar | 23. Fructose (High fructose
corn syrup) | 38. Rice syrup |
| 8. Cane juice | 24. Fruit sugar | 39. Refiner's syrup |
| 9. Caramel | 25. Galactose | 40. Saccharose |
| 10. Carob syrup | 26. Glucomalt | 41. Sorghum syrup |
| 11. Coconut sugar | 27. Glucose | 42. HSucrose |
| 12. Coconut palm sugar | 28. Grape juice concentrate | 43. Sugar |
| 13. Confectioner's sugar | 29. Grape sugar | 44. Treacle |
| 14. Corn sweetener | 30. Honey | 45. Turbinado Sugar |
| 15. Corn syrup | 31. Invert Sugar | 46. Xylose |
| 16. Demerara sugar | | |

Side effects of too much sugar:



Depression



Acne



Tooth decay



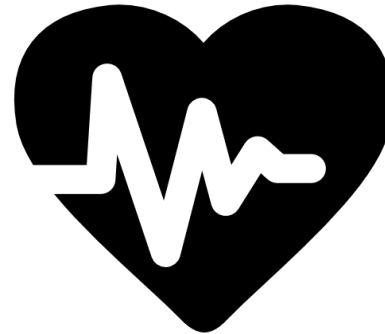
Weak bones



Obesity



Diabetes



Heart disease



Poor memory

Added Sugar vs. Natural Sugar

Which foods
have added
sugars and which
contain natural
sugars??



Whole Fruit vs Fruit Components

Fiber is found in the skin of apples. Fiber slows down the absorption of sugar in the body.

These are the body's tools for making sure that the body operates as it should. Ex: Low vitamin C can cause low immune function; ie illness more often.

Enzymes assist the body in breakdown of food. If food is not efficiently broken down then vitamins and minerals cannot be absorbed.



- ☐ Fiber
- ☐ Vitamins and Minerals (more)
- ☐ Enzymes
- ☐ Better Digestion
- ☐ Delicious!



- ☐ Vitamins and Minerals (less)
- ☐ Added Sugar
- ☐ Chemicals (preservatives, color, etc)
- ☐ Delicious!

Nutrition Fact Labels

4 grams sugar =



1 teaspoon of sugar



8oz red grape juice

Or

31 grams of sugar

or



nearly 8 teaspoons

Recommended Daily Limit: Added Sugar



6 teaspoons sugar (max) for women

x 4 = 24 grams (max) per day



4 teaspoons (most) for kids

x 4 = 16 grams (most) per day



9 teaspoons sugar (max) for men

x 4 = 36 grams (max) per day

You Try!

How many teaspoons of sugar?

Grams of sugar $\div 4 = \#$ of



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%
Trans 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%

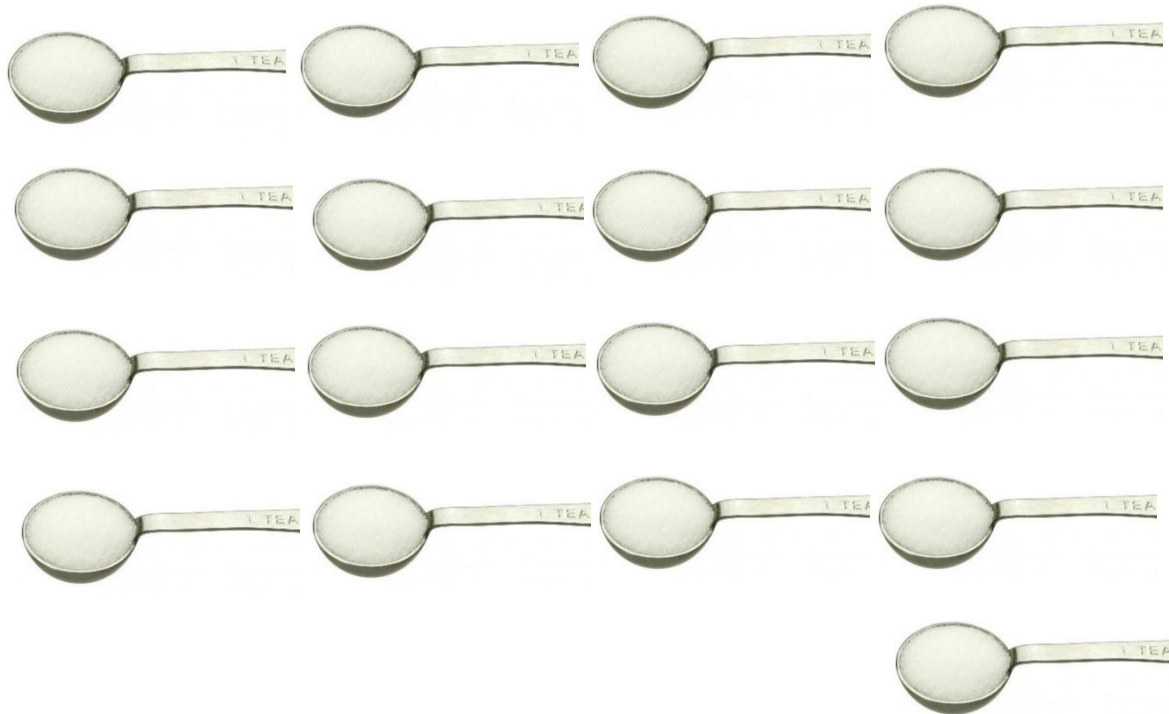
One More Time!

REVIEW: 4 grams sugar = 1 teaspoon of sugar



67 grams of sugar

or



nearly 17 teaspoons

REVIEW:

4 grams sugar = 1 teaspoon of sugar

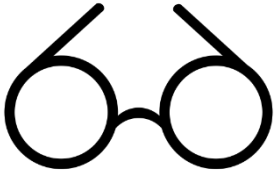
Now you try!

- With the person next to you, pick a food.
- Turn the package so you can see the nutrition facts label.
- Check for SUGAR grams.
- Count out the sugar packets (1 teaspoon per packet) to “see” how much sugar is in that entire food.
- *What ingredients can you find on the package that are added sugar?*



both
1 teaspoon

Ways to Reduce Added Sugar:



1) **READ THE INGREDIENTS** on food package labels. The more words it has, the more likely it may have added sweeteners.



2) **GET SUGAR OUT OF SIGHT** (white and brown), syrup, honey and molasses from the table — out of sight, out of mind!



3) **CUT BACK ON THOSE SPOONFULS OF SUGAR** you add to foods you eat or drink regularly like cereal, pancakes, coffee or tea. Even one less spoonful or packet is a great place to start, wean down from there.



4) **SPICE AND SEASON!** Try spices instead of sugar: ginger, allspice, cinnamon or nutmeg. Citrus is great, too!



5) **EAT SWEET FOODS WITH NATURAL FIBER.** Sweeten your cereal or oatmeal with fresh, canned, or frozen fruit.

MYTH: Healthy foods will have no taste

**Did You Know:
You can actually
re-train your**



Be patient with yourself. It can take a few months for your taste buds to sensitize themselves to lower levels of salt and sugar in natural foods.

Artificial Sweeteners



What You Might Have Heard:

- ☐ Diet sodas have less calories than soda.
- ☐ Diet soda doesn't lead to weight gain.
- ☐ Honey is healthier than sugar.

What Is True:

- ☐ Artificial sugars trigger sweet cravings.
- ☐ Artificial sugars are sometimes linked to overeating & unhealthy weight gain.

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Take Action

Share with the group one way YOU plan to reduce added sugars in your week.

How can a friend help you with your goal?

Any Questions??

