



Sugar Savvy Workshop
Kim Guess, RD, Health*Matters
February 11, 2015

Daily Limit on Added Sugar

- Men: 150 calories = 37 ½ grams = 9 ½ teaspoons
- Women: 100 calories = 25 grams = 6 ½ teaspoons

Conversion

- 1 tsp = 4 grams = 16 calories



Other Names for Sugar

Agave nectar Agave syrup Barley malt **Beet sugar** Brown rice syrup
Brown sugar Buttered syrup Cane sugar Cane juice Cane juice crystals
Carob syrup Confectioner's sugar Corn syrup **High fructose corn syrup**
Corn sugar Corn sweetener Corn syrup solids Crystalized fructose
Date sugar **Dextran** Dextrose Diatase Diastatic malt Evaporated cane juice

WHERE'S ALL THAT SUGAR HIDING?

Fructose Fruit juice Fruit juice concentrate Glucose Glucose solids
Golden sugar Golden syrup **Grape sugar** Grape juice concentrate Honey
Invert sugar **Lactose** Malt Maltodextrin Maltose **Maple syrup** Molasses
Raw sugar Refiner's syrup Sorghum syrup Sucanat Sucrose **Sugar**
Turbinado sugar Yellow sugar

Realistic Changes to Reduce Sugar

- Mentally prepare yourself
- Keep a 3-day food record
- Choose unprocessed foods
- Eat balanced meals to reduce cravings and feeling unsatisfied
- Buy plain foods and sweeten them yourself
- Swap out sweetened foods for fruit
- Limit sugary treats to once or twice a week, and savor them!
- Mix 100% juice with seltzer instead of sugar-sweetened soda
- Don't go grocery shopping when you're hungry

Resources

- **Fooducate.com** – Look up a food's "grade," determined by nutrition facts, ingredients, etc. Free iPhone and Android app – track your dietary intake, including added sugar.
- **SugarScience.org** - designed as an authoritative source for the scientific evidence about sugar and its impact on health.
- **SugarStacks.com** – See how many sugar cubes, or teaspoons of sugar, common foods contain
- **Sugar Belly** (Nutrition Action) – Article.
uhs.berkeley.edu/facstaff/pdf/healthmatters/NutritionActionSugarBellyApril%202012.pdf
- **21-Day Defeat the Sweets Challenge** – Already started, but has a great resource section:
uhs.berkeley.edu/facstaff/healthmatters/sugarchallenge/

