Sugar Savvy Workshop

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Wellness Program Dietitian

Health*Matters
Wellness Program for Faculty & Staff
Health*Matters Partners

Campus Partners

[Logos of different organizations]

UCOP Partners

[Logos of different organizations]
Health*Matters Goals

Healthy Faculty and Staff

Healthy Workplace
Objectives

• Understand the negative effects of sugar
• Know sugar sources
• Learn ways to eat to stay below maximum added sugar limits
• Gain ideas for meals, snacks, and beverages that are lower in sugar
Agenda

- Health effects of sugar
- How much sugar we consume
- How to find sugar
- Realistic changes to reduce sugar
Sugar Metabolism

Glucose

+ 

Fructose

= 

Sucrose
Sugar Metabolism

Glucose

- Bloodstream
- Can be stored as glycogen or fat
- Seems to reduce appetite
Sugar Metabolism

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Fructose
- Liver
- Can be turned into triglycerides
- Doesn’t seem to reduce appetite
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Potential Health Effects of Sugar

- Dental cavities
- Weight gain
- Heart disease
- High blood pressure
- High triglycerides
- Gout
- Type 2 diabetes
- Non-alcoholic fatty liver disease?
- Cancer?
- Alzheimer’s Disease?
- Aging?
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Added Sugar Consumption

- 22-28 tsp/day
  = 350-440 calories/day

- Americans consume about 66 POUNDS of added sugar each year.

- Added sugar is hiding in 74% of packaged foods!
Sugar-Sweetened Beverages (SSBs)

- Largest contributor of added sugar
- Lack compensation for liquid calories
- **No association with weight?**
  - Industry-funded studies
  - Errors in the way data is scaled
Daily Added Sugar Limit

Men
• No more than 150 calories a day
• About 9 teaspoons

Women
• No more than 100 calories a day
• About 6 teaspoons

1 tsp = 4 g = 16 calories

Less than 1 can!

4 Fat-Free Fig Newtons
How to find sugar

First check the number of servings in the can or bottle.

Then multiply the amount of sugar per serving by the number of servings to get the total amount of sugar.

In this example ➔

26 g of sugar
× 2.5 servings
= 65 grams of sugar

INGREDIENTS

Rice, whole wheat, sugar, whole oats, wheat bran, strawberry flavoured apple pieces (dried apples, artificial flavour, citric acid, colour, sulphites), modified palm kernel oil, corn syrup, salt, brown sugar syrup, modified milk ingredients, brown sugar, barley malt syrup, rice flour, vegetable oil, polydextrose, monoglycerides, tapioca dextrin, shellac (confectioner's glaze), soy lecithin, yogurt powder, maltodextrin, potassium sorbate, honey, modified corn starch, blackstrap molasses, cinnamon, barley malt extract, lactic acid, natural and artificial flavours, bht,
Sugar in Common Foods
Misleading Packaging

Nutrition-related claims don’t necessarily mean the product is low in sugar
Misleading Packaging

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Nutrition-related claims don’t necessarily mean the product is low in sugar

*CLAIM: “Made With Whole Grain”*
*CLAIM: “Made With Real Fruit”*
*CLAIM: “Fat Free”*
Misleading Packaging

Nutrition-related claims don’t necessarily mean the product is low in sugar
Misleading Packaging

Healthy-sounding brand or product names may not be low in sugar.
Surprising Sources
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Activity Break

Nutrition Labels Handout

1. Using the nutrition facts, calculate the number of teaspoons of sugar per serving.
2. Assuming all sugar is added, compare to the daily limit on added sugar. Determine how many teaspoons you would have left in a day, or how many day’s worth of sugar the product contains.
3. In the ingredient list, circle all the names of sugar. Write down the number of names you found.
4. Bonus: Guess the product!
How 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 sweetened foods for fruit
- Limit sugary treats to once or twice a week, and savor them!
- Mix 100% juice with seltzer instead of soda
- Don’t go grocery shopping when you’re hungry
How to Reduce Sugar

Mentally prepare yourself
• We create habits over years
• Sugar cravings can be very powerful
• You can train your body to have less sugar cravings
  • Not easy at first
  • Gets easier with practice
How to Reduce Sugar

Keep a 3-day food record first

• “Real” days, not days where you’re trying to eat as ideally as possible
• Write down *everything* you eat and drink
• Pinpoint your major sources of sugar
• Start thinking about ways to make substitutions
How to Reduce Sugar

Choose unprocessed foods

- Vegetables
- Whole fruit
- Whole grains
- Lean proteins
- Healthy fat
- Water, unsweetened tea and coffee
How to Reduce Sugar

Eat balanced meals to reduce cravings and to feel more satisfied

• Healthy plate model
• Satisfying – fiber, protein, healthy fat
• Balances blood sugar for stable energy
How to Reduce Sugar

Eat balanced meals to reduce cravings and feeling unsatisfied

• Healthy plate model
• Balances blood sugar for stable energy
• Satisfying – fiber, protein, healthy fat
How to Reduce Sugar

Buy plain foods and sweeten them yourself, if necessary

- Greek yogurt
  - Fresh fruit
  - Nuts
  - Savory yogurt?
- Oatmeal
  - Fresh fruit
  - Nuts
  - Savory Oatmeal
- Unsweetened versions: Almond/soy milk, applesauce, iced tea, nut butters, plain cereals, cocoa powder, shredded coconut
How to Reduce Sugar

Swap out sweetened foods for fruit

• Pureed fruit in baking
• Warmed frozen berries instead of jam
  • Add a little ground cinnamon or ginger
  • Or add chia seeds to thicken
How to Reduce Sugar

Limit sugary treats to once or twice a week, and savor them!

• Pick a day or 2 a week to have a treat
• Knowing that you have a pre-planned treat will give you something to look forward to and may help you avoid temptation more often
How to Reduce Sugar

Mix 100% juice with seltzer
- 1 part juice + 3 parts seltzer
- Thick, tart juices work best
  - Cranberry
  - Pomegranate
  - Grape

Steep fruit or herbs in water
- Berries
- Citrus (lemon, lime, orange)
- Cucumber
- Mint
How to Reduce Sugar

Don’t go grocery shopping when you’re hungry

• More likely to make poor choices
What About Sugar Substitutes?

• Per capita consumption climbed by 25% in the last decade

Artificial Sweeteners
• Equal (Aspartame)
• Sweet’N Low (Saccharin)
• Splenda (Sucralose)

Stevia

Sugar Alcohols
• Xylitol
• Erythritol
What About Sugar Substitutes?

Artificial Sweeteners

• Conflicting research on benefits/harm
• Potential concerns
  • Affect body’s ability to gauge how many calories are consumed
  • Worsen sugar cravings
  • May not satisfy sweets cravings
• Probably best to avoid
What About Sugar Substitutes?

**Stevia**

- “Natural,” but highly processed to isolate sweet compounds
- No long-term studies of health effects
- Considered safe by Nutrition Action/CSPI

**Sugar Alcohols**

- Mostly found in processed foods
- Too much can cause bloating, gas, and diarrhea
- Considered safe in moderation by Nutrition Action/CSPI
Cooking & Recipes

Cook Well Berkeley

Website
uhs.berkeley.edu/facstaff/healthmatters/cookwellberkeley.shtml

Cooking Classes
• Wed, Feb 18 – Breakfast – Beyond Bagels, Bacon and Biscuits
• Tue, Mar 10 – Potlucks, Parties and Picnics
• Tue, Apr 21 – Satisfying Spring Salads
Resources

• Fooducate
  • Track added sugar
  • Check a food’s “grade”
• SugarScience.org
• SugarStacks.org
• 21 Day Defeat the Sweets Challenge – see handout
THANK YOU!

WEB:
uhs.berkeley.edu/facstaff/healthmatters

MONTHLY NEWSLETTER

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