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# Ditch the Sugar!

Dietetic Interns  
Hannah & Jessica  
Thursday, 10/22

# Things you will learn in today's lesson:

- How much sugar most adults are eating in a day
- The recommended amount of added sugar per day vs. “should be consuming”
- The difference between natural/added sugars
- Common foods high in added sugar
- How to make smarter choices about sugar
- Our favorite low sugar treats!

# Do you know how much added sugar you eat??

highkey

## Recommended Sugar Consumption

Average Daily Consumption is 270 Calories

17 Teaspoons of Sugar



Recommended Limit is Under 150 Calories for Men

9 Teaspoons of Sugar



Recommended Limit is Under 100 Calories for Women

6 Teaspoons of Sugar



What We Eat In America, NHANES 2007-2010



Naked Juice  
Mighty Mango  
30 gr sugar x  
2 servings =  
60 gr sugar  
or  
15 tsp

6 tsp sugar  
(recommended  
DA for women)

1happyketo.com

# What is sugar?

**Simply put...**

**SUGAR = CARBOHYDRATE = ENERGY**



Sugar is broken down to give us energy and is a part of a healthy, balanced diet!

Many foods including fruit, vegetables, and dairy products contain natural sugars.



# What is NATURAL sugar?

Sugar is found naturally in these foods:



We don't need to worry about natural sugars.

We're supposed to be eating some sugar (carbohydrate) for energy!  
Our brain thrives on glucose!

Aim for natural sources to be the majority of sugar you eat!

# What is ADDED sugar?

**Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.**

Naturally occurring sugars such as those in fruit or milk are **not** added sugars. (CDC)

Eating and drinking too much added sugars can lead to health problems such as weight gain and obesity, type 2 diabetes, heart disease and dental issues

# How it affects our body

- Too much sugar, especially added sugar, can have a negative impact on our health.
- Too much sugar may contribute to increased risk of dental cavities, to less healthy weight and increased risk of diabetes and cardiovascular disease.





# What are some common foods that are high in added sugar?

Cakes



Cookies

Ice cream



Pudding



Candy Bars



Soda

# Lesser known foods high in added sugar...



Yogurt



Cereals



Granola Bars

Dipping sauces

Pasta sauce



Muffins



# How much sugar is in your drink?

## How much sugar is in your drink?



Monster Energy 16 oz.  
200 calories

**13.5**  
teaspoons



vitaminwater 20 oz.  
125 calories

**8**  
teaspoons



Mountain Dew 20 oz.  
290 calories

**19.25**  
teaspoons



Snapple Lemon Tea 16 oz.  
160 calories

**10.5**  
teaspoons



Gatorade 20 oz.  
130 calories

**8.5**  
teaspoons



Nantucket Nectars Cranberry 17.5 oz.  
280 calories

**17.5**  
teaspoons

# What you can do to make smart and healthy choices

The new label includes sugar that has been **ADDED** on top of the sugars already contained in the food product!

**4 grams of sugar = 1 teaspoon**

Sugars can be listed by many different names on an ingredients list...

Agave, Brown sugar, Cane sugar, Evaporated cane juice, Concentrated fruit juice, Corn syrup, Dextrose, Dextrin, Fructose, Galactose, Glucose, Glucose-Fructose, High fructose corn syrup, Honey, Invert sugar, Liquid sugar, Maltose, Maple syrup, Molasses, Nectar, Raw sugar, Sucrose, Syrup, White Sugar

Original Label		New Label	
<b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container About 8		<b>Nutrition Facts</b> 8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per serving	
<b>Calories 230</b> Calories from Fat 72		<b>Calories 230</b>	
% Daily Value*		% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>	<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>	<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>	<b>Total Carbohydrate 37g</b>	<b>13%</b>
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%
Sugars 1g		Total Sugars 12g	
<b>Protein 3g</b>		includes 10g Added Sugars	<b>20%</b>
Vitamin A	10%	<b>Protein 3g</b>	
Vitamin C	8%	Vitamin D 2mcg	10%
Calcium	20%	Calcium 250mg	20%
Iron	45%	Iron 8mg	45%
* Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.		* 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.	
	Calories: 2,000    2,500	Potassium 235mg	6%
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		



YOU DON'T NEED TO CUT OUT SUGAR ALL TOGETHER... IT'S ALL A BALANCING ACT!

FEEL BETTER!

It's hard to give up  
added sugar...

DEDICATION  
MOTIVATION  
EXERCISE

Awareness is step  
one. See where the  
sugar is in your life.

Mark it down on  
paper. See where you  
can make changes!



# Making smarter choices to limit excess sugar

Be sugar savvy -  
choose water or  
unflavoured milk, avoid  
sugary drinks like soda  
or energy drinks

Go natural - get your  
sugars from whole fruit  
vs. juices

Use extracts and  
spices instead of sugar  
in coffee and tea:  
vanilla, almond,  
orange, lemon,  
cinnamon, clove,  
ginger, nutmeg

Compare food labels  
and choose ones with  
lowest amount of  
added sugar

Add fruit instead of  
sugar to cereal or  
oatmeal

Make your OWN oatmeal using the  
canister for pennies! And it's not  
processed and sugared

Use unsweetened  
applesauce in recipes  
instead of sugar

<b>Nutrition Facts</b>	
About 13 servings per container	
<b>Serving size 1/2 cup dry (40g)</b>	
<b>Amount per serving</b>	
<b>Calories 150</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>13%</b>
Soluble Fiber 2g	
Total Sugars 1g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg 0% • Calcium 20mg 0%	
Iron 1.5mg 8% • Potassium 150mg 2%	
Thiamin 0.2mg 15% • Phosphorus 130mg 10%	
Magnesium 40mg 10%	
* 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.	

Quaker Oats Plain Oats: 0g added sugar per serving



<b>Nutrition Facts</b>	
Serving Size 43 g	
<b>Amount Per Serving</b>	
Calories 157	Calories from Fat 19
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 261mg	<b>11%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 2g	<b>11%</b>
<b>Sugars</b> 13g	
<b>Protein</b> 4g	
Vitamin A 22% • Vitamin C 0%	
Calcium 11% • Iron 22%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

### Ingredients

WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL FLAVOR, SALT, CALCIUM CARBONATE, GUAR GUM, OAT FLOUR, CARAMEL COLOR, REDUCED IRON, VITAMIN A PALMITATE.

Quaker Oats Flavored Oats: 13g added sugar per serving



A couple of our  
favorite low sugar  
treats:



**BLUEBERRY  
MUFFINS**

**HEALTHY OATMEAL  
CHOCOLATE CHIP  
COOKIES**



# Blueberry Muffins

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt, or to taste
- 1 large egg
- 1/2 cup granulated sugar
- 1/2 cup milk or unsweetened almond milk
- 1/4 cup canola or vegetable oil
- 1/4 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 and 1/2 cups fresh blueberries tossed in 2 tablespoons flour (helps prevent sinking)

1. Preheat oven to 425F. Spray the cavities of a muffin pan very well with cooking spray or grease and flour the pan; set aside.
2. To a large bowl, add all the flour, baking powder, salt, and whisk to combine; set aside.
3. To a separate large bowl, add the egg, sugar, milk, canola oil, Greek yogurt, vanilla, and whisk until smooth and combined.
4. Add the wet ingredients to the dry ingredients, stirring gently until smooth and combined, without needlessly over-mixing or muffins will become tough.
5. Add the blueberries and fold gently to incorporate.
6. Evenly distribute the batter into the cavities of the prepared pan, filling each cavity about 3/4-full. Tip – Add a couple blueberries to the top of each muffin for a nice pop of color.
7. Bake for 5 minutes at 425F. The short baking time at very high heat helps the muffins get a more domed top.  
Lower the temp to 375F and bake for about 19 to 20 minutes or until tops are set, lightly golden, springy to the touch, and a toothpick inserted in the center comes out clean or with a few moist crumbs, but no batter.
8. Allow muffins to cool in pan on top of a wire rack for about 10 minutes before removing and placing on rack to cool completely. Gently rim each cavity with a knife if necessary for easier removal. Muffins are best fresh but will keep airtight at room temp for up to 1 week or in the freezer for up to 6 months.

# Oatmeal chocolate chip cookies

- 3/4 cup (67g) oat flour regular oats blended in a blender
- 1/2 cup (53g) old-fashioned oats
- 1/4 cup (24g) quick oats
- 3/4 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of salt
- 1 and 1/2 teaspoons vanilla extract
- 1 large egg
- 4 tablespoons (57g) brown sugar lightly packed
- 1/2 cup (105g) coconut oil
- 1/2 cup (79g) dark chocolate chips

1. Take regular old fashioned oats or quick oats and blend them until they resemble a flour or powder in a blender or food processor.
2. In a medium-sized bowl, stir together the oat flour (measured after blending NOT before), old-fashioned oats, quick oats, baking soda, cinnamon, and salt.
3. In another bowl, stir together the vanilla extract, large egg, and brown sugar. Melt the coconut oil and let it cool slightly before adding to the bowl (Make sure to measure the coconut oil in it's liquid state). Stir until well combined.
4. Add the dry ingredients to the wet ingredients and stir until just combined. Fold in the dark chocolate chips.
5. Cover the dough tightly and chill the dough for 30 minutes to an hour or until the dough has hardened enough to scoop out cookie balls. (If you chill longer than a day, let the dough sit out for 15 or so minutes so you are able to scoop it into balls). If you don't chill your dough these cookies will be flatter than a pancake! The coconut oil needs a little bit of time in the fridge to firm up again.
6. Preheat the oven to 350 degrees F.
7. Using a cookie scoop (and pack these in the scoop very tightly or they may crumble), scoop out balls of the dough onto a parchment lined cookie sheet. Press a few more chocolate chips in the tops if desired.
8. Depending on the size, bake for 7-9 minutes or until very lightly browned around the edges. They may look a little underdone in the center, but they are the very best slightly under-baked and they will harden after cooling.
9. Remove from the oven and allow to stay on the baking sheet for another 2 minutes before removing to a wire cooling rack.

Enjoy!

Any Questions??



Please take our Post - quiz!

<https://www.surveymonkey.com/r/PQCMY5N>



# Thank you!

We hope you enjoyed our lesson!

A dark blue diagonal gradient bar that starts from the bottom left corner and extends towards the top right corner, covering the bottom half of the slide.