Please take our Pre - Survey!!

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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??

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

20 oz. soda
17 tsp.

20 oz. sweet tea
14 tsp.

16 oz. energy drink
14 tsp.

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

6 tsp sugar (recommended DA for women)
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
- Pasta sauce
- Dipping sauces
- Muffins
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
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

<table>
<thead>
<tr>
<th>Be sugar savvy - choose water or unflavoured milk, avoid sugary drinks like soda or energy drinks</th>
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<tbody>
<tr>
<td>Go natural - get your sugars from whole fruit vs. juices</td>
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<tr>
<td>Use extracts and spices instead of sugar in coffee and tea: vanilla, almond, orange, lemon, cinnamon, clove, ginger, nutmeg</td>
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<td>Compare food labels and choose ones with lowest amount of added sugar</td>
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<tr>
<td>Add fruit instead of sugar to cereal or oatmeal</td>
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<td>Use unsweetened applesauce in recipes instead of sugar</td>
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Make your OWN oatmeal using the canister for pennies! And it’s not processed and sugared.
Quaker Oats Plain Oats: 0g added sugar per serving

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 425°F. 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 425°F. The short baking time at very high heat helps the muffins get a more domed top. Lower the temp to 375°F 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!