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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??



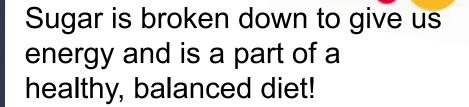




What is sugar?

Simply put...

SUGAR = CARBOHYDRATE = ENERGY



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)

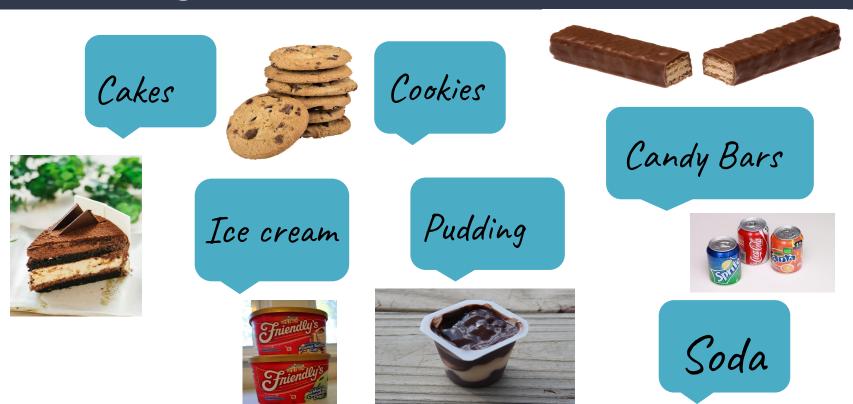
Eating and drinking too much added sugars can lead to health problems such as weight gain and obesity, type 2 diabetes, heart disease and dental issues

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?

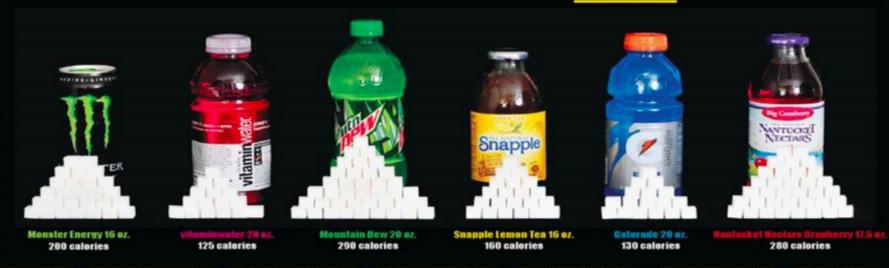


Lesser known foods high in added sugar...



How much sugar is in your drink?

How much sugar is in your drink?



13.5 teaspoons teaspoons

19.25 teaspoons 10.5 teaspoons

8.5 teaspoons 177-50 teaspoons

What you can do to make smart and healthy choices

Original Label

New Label

Calories 230	Ce	A Committee of the Comm	
		iories from	n Fat 72
		% Daily	y Value
Total Fat 8g		12%	
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0	mg		0%
Sodium 160mg		Sec. 11	7%
Total Carbohy	ydrate 3	7g	12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
-			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Value Your daily value may			
your calorie needs.	Calories:	2.000	2.500

8 servings per container				
Serving size 2/3 cup	(55g			
Calories 2	30			
% Daily	Value'			
Total Fat 8g	10%			
Saturated Fat 1g	5%			
Trans Fat Og				
Cholesterol 0mg	0%			
Sodium 160mg	7%			
Total Carbohydrate 37g	13%			
Dietary Fiber 4g	14%			
Total Sugars 12g				
Includes 10g Added Sugars	20%			
Protein S _g				
Vitamin D 2mog	10%			
Calcium 260mg	20%			
Iron 8mg	45%			
Potassium 235mg	6%			

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

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

Amount per serving Calories	150
	ily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugare 1g	
Includes 0g Added Sugar	s 0%
Protein 5g	
Vitamin D 0mcg 0% • Calci	um 20mg 0%
Iron 1.5mg 8% • Potassiu	m 150ma 2%



Amount Per S	ervir	10	Ş	
Calories 157	-	3	Calories fr	rom Fat 19
			% Da	ily Value
Total Fat 2g		_		3%
Saturated Fa	t 0g	_		2%
Trans Fat				
Cholesterol 0r	ng			0%
Sodium 261mg)			11%
Total Carbohy	drat	e 3	32g	11%
Dietary Fiber	3g			11%
Sugars 13g				787000
Protein 4g				
Vitamin A	22%		Vitamin (0%
Calcium	11%		Iron	22%

Ingredients

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

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
- ½ 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.
- 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.
- 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.
- 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.
- 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/P QCMY5N



Thank you!

We hope you enjoyed our lesson!