

Sugar: The Not So Sweet Truth



Welcome!

1. Everyone is welcome here, not just Humana members
2. Personalized customer service for members
3. Most classes and events are open to everyone*
 - Fitness classes and walking group
 - Educational classes
 - Social and crafting events
 - Technology classes
4. Sign up for the mailing list to receive our monthly calendar

*Classes with an asterisk on the events calendar are for Humana members only

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Things to Remember

- Class lasts 50 minutes
- The things we talk about today don't replace professional healthcare; for medical guidance, talk to your doctor
- Consult your doctor before beginning an exercise regimen
- Please put your cell phone on silent
- Keep side conversations to a minimum
- This class is a “safe zone”

Today You'll Learn

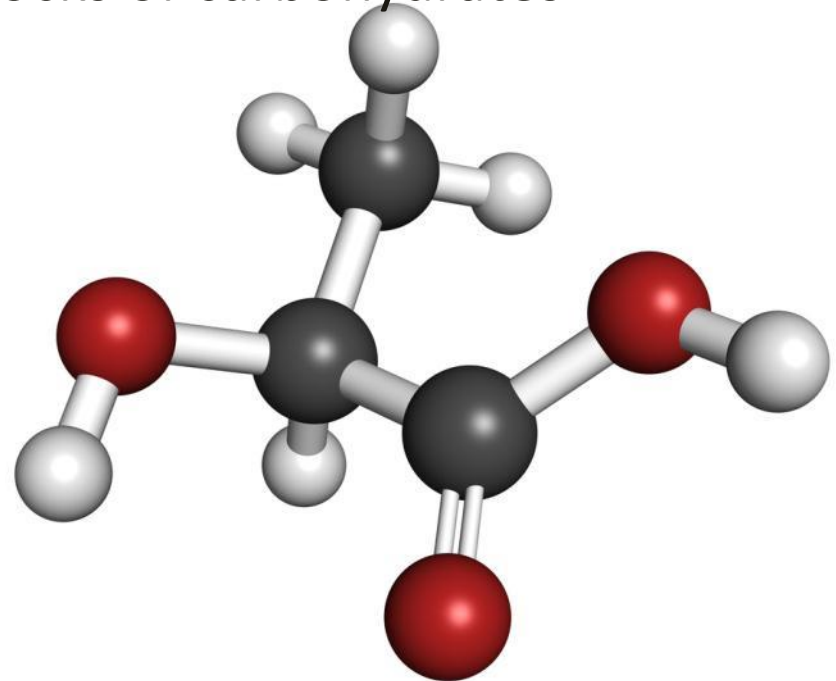
- Myths and facts about sugar
- What sugar is and why it's important
- The truth about artificial sweeteners
- The harmful effects of too much sugar on your body
- Tips for reducing sugar

Sugar: Myth vs. Fact



What is Sugar?

- Once called “white gold”
- Sugars = saccharides; building blocks of carbohydrates
- Found naturally in plants
- Two types:
 - Monosaccharide
 - Disaccharide
- Naturally occurring vs. added



Chemical Names for Sugar

Can you match the type of sugar with the picture of where it's found?

Sucrose

Fructose

Maltose

Fructose



Lactose

Lactose

Glucose



Maltose

Sucrose

Glucose

Why is Sugar Important?

The body needs it

- Converted into glucose to be used
- Provides quick energy source or stored for later

Foods need it

- Enhances flavors and colors
- Preserves food
- Adds bulk and texture

Industries need it

- Pharmaceuticals
- Ethanol
- Many more!

Which Added Sugars and Sweeteners Do You Eat?

White table
sugar

Powdered
sugar

High fructose
corn syrup

Brown sugar

Honey

Maple syrup

Turbinado
("raw") sugar

Agave nectar

Date sugar

What About Artificial Sweeteners?

- Also called nonnutritive sweeteners or sugar substitutes
- Offer the same sweetness as sugar without the calories
- Approved by the FDA
- Sugar alcohols



Are Artificial Sweeteners “Good for You”?

- Are artificial sweeteners safe?
 - No scientific evidence that they're unsafe
 - Depends on your definition of safe
- Are artificial sweeteners good for your nutrition?
 - People may replace “saved” calories with other sources
 - May overstimulate sugar receptors
 - Can trigger sweet cravings, leading to weight gain¹

Too Much Sugar and The Body

BRAIN FOG

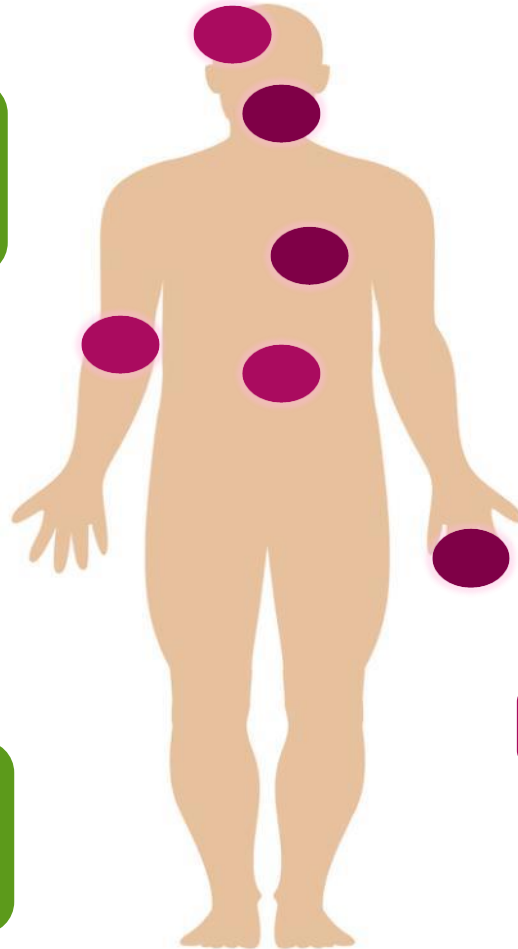
Reduces B complex vitamins, leading to sluggishness and short-term memory problems

HEART DISEASE^{2,3}

Can increase the risk of dying from heart disease, despite weight

CANCER

Can damage the cells of the body and increase the risk of cancer



TOOTH DECAY

Leads to tooth decay and increases the risk of developing cavities

WEIGHT GAIN

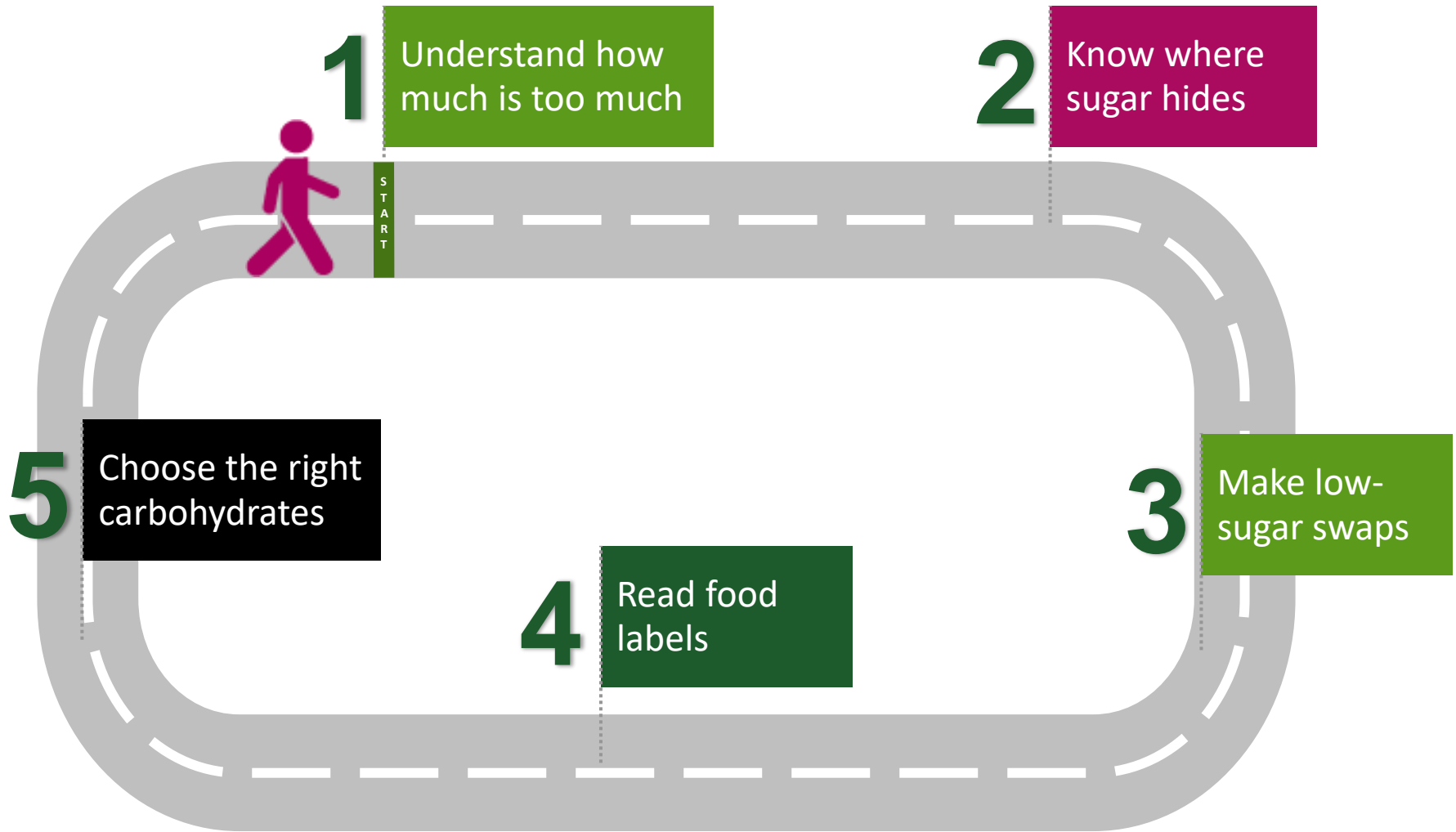
Excess stored as fat that tends to accumulate around midsection (belly fat)

INSULIN RESISTANCE

Increases insulin levels, leading to diabetes and weight gain

5 Tips for Reducing Sugar

Follow the road to good health



Understand How Much is Too Much

- The average adult consumes 22 tsp of added sugar each day⁴
- Recommended daily added sugar intake⁵:
 - Women: 6 teaspoons
 - Men: 9 teaspoons
- 4 grams of sugar = 1 teaspoon

How many teaspoons of sugar are in a 12-ounce can of soda?



Know Where the Sugar Hides

- Top sources of added sugar:
 - Soft drinks, energy drinks and sports drinks
 - Sweetened coffee drinks and iced tea
 - Candy
 - Pies and cobblers
 - Sweet rolls, cookies, pastries and donuts
 - Fruit drinks (like fruitades and fruit punch)
 - Dairy desserts (like ice cream)
- Watch out for other sweeteners
- Even healthy foods can be high in sugar



Can you rank the sugar content of these foods from highest to lowest?

- 5 Orange Juice
- 6 Granola bar
- 2 Yogurt with fruit
- 7 Salad dressing
- 8 Bread
- 3 Canned soup
- 1 Dried fruit
- 4 Tomato sauce



Make Low-Sugar Swaps

- Sugary drinks

Water, unsweetened tea, low-fat milk

- Candy

Fruit (fresh or dried), sugar-free gum

- Cereals and granola bars

Low-sugar varieties, home-made trail mix

- Sauces and condiments

Hummus, salsa, spices, seasonings

Read Your Food Labels

- Remember: 4 grams of sugar = 1 teaspoon
- Look for total sugar
- Is sugar one of the top ingredients?
- Other names for sugar
- Beware of fat-free foods

Nutrition Facts			
Serving Size 1 cup (110g)			
Servings Per Container About 6			
Amount Per Serving			
Calories	250	Calories from Fat 30	
% Daily Value*			
Total Fat	7g	11%	
Saturated Fat	3g	16%	
<i>Trans Fat</i> 0g			
Cholesterol	4mg	2%	
Sodium	300mg	13%	
Total Carbohydrate	30g	10%	
Dietary Fiber	3g	14%	
Sugars	2g		
Protein	5g		
Vitamin A		7%	
Vitamin C		15%	
Calcium		20%	
Iron		32%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	55g	75g
Saturated Fat	Less than	10g	12g
Cholesterol	Less than	1,500mg	1,700mg
Total Carbohydrate		250mg	300mg
Dietary Fiber		22mg	31mg

Nutrition Facts			
6 servings per container			
Serving Size		1 cup (110g)	
Amount per 1 cup			
Calories	250		
% DV*			
11%	Total Fat	7g	
16%	Saturated Fat	3g	
	<i>Trans Fat</i>	0g	
2%	Cholesterol	4mg	
13%	Sodium	300mg	
10%	Total Carbs	30g	
14%	Dietary Fiber	3g	
	Sugars	2g	
	Added Sugars	0g	
	Protein	5g	
7%	Vitamin A	1mcg	
15%	Vitamin C	2mcg	
20%	Calcium	4mg	
32%	Iron	5mg	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
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Choose the Right Carbohydrates

Simple vs. complex

Look for whole grains

Pick fresh fruits and veggies

Balance meals and snacks



Let's Review

- Sugars can occur naturally in foods or be added
- Your body needs a little bit of sugar, but most Americans consume way too much
- Sugar comes in many different forms, none of which provide significant nutritional benefits
- Too much sugar can have harmful effects on the body
- There are many things you can do to reduce your sugar intake

Sources:

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