

# Webinar Overview & Resources

## Going Sugarless: Strategies to Curb Your Sweet Tooth

**Sugar makes life sweeter. But it's easy to eat too much and our health can pay the price. Experts recommend getting no more than 6% of daily calories from "added sugar."** Cecelia Jacobson, a PeaceHealth dietitian, explains what sugar is as well as the benefits of watching your sugar intake and tips for making a change. Here are some key takeaways:

**What is "added sugar"?** Added sugar is not found naturally in foods. It's what is added to enhance the taste and/or shelf-life of the food.

**How can I tell how much sugar is in a food?** Starting in 2020, packaged food labels include "added sugar" in the nutrition label.

**Sugar has many names.** Sugar can be found under many different names in the nutrition facts label ingredient list. Each "ose" indicates some type of sugar. You might also find "added sugars as ingredients in recipes. Check out the list below for some of the different names for "added sugars:

- Beet sugar
- Brown sugar
- Cane sugar
- Cane juice
- Cane syrup
- Corn Sweetener
- Crystalline Fructose
- Dextrose
- Fructose
- Glucose
- High Fructose Corn Syrup
- Honey
- Lactose
- Liquid Sucrose
- Maltodextrin
- Maltose
- Molasses
- Raw sugar
- Sucrose

**Can sugar substitutes be used instead?** Low-calorie substitutes can be helpful, but some can trigger food sensitivities, allergies and other health problems. Check the chart at right to help you understand your choices.

**Is sugar really that bad?** Sugar provides fast energy, but "added sugar" above the recommended intake do not provide the body with many lasting benefits. It contributes to excess weight and obesity, which lead to many health conditions. It can cause imbalance in hormones and increase levels of inflammation in the body. These are just a few of the negative effects excess sugar can have on your health.

New Label / What's Different?		
Servings: larger, bolder type	<b>Nutrition Facts</b> 8 servings per container <b>Serving size 2/3 cup (55g)</b>	Serving sizes updated
	<b>Amount per serving</b> <b>Calories 230</b>	Calories: larger type
	<b>% Daily Value*</b>	Daily Values Updated
	<b>Total Fat</b> 8g <b>10%</b>	
	Saturated Fat 1g <b>5%</b>	
	Trans Fat 0g	
	<b>Cholesterol</b> 0mg <b>0%</b>	
	<b>Sodium</b> 160mg <b>7%</b>	
	<b>Total Carbohydrate</b> 37g <b>13%</b>	
	Dietary Fiber 4g <b>14%</b>	
	Total Sugars 12g	
New: added sugars	Includes 10g Added Sugars <b>20%</b>	
	<b>Protein</b> 3g	
Change in some nutrients required	Vitamin D 2mcg 10%	Actual amounts declared
	Calcium 260mg 20%	
	Iron 8mg 45%	
	Potassium 240mg 6%	
	<small>* 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.</small>	
		New footnote

Low-Calorie Sweeteners
<b>SAFE</b> erythritol, stevia leaf extract
<b>CUT BACK</b> (large amounts cause GI distress) allulose, hydrogenated starch hydrolysate, isomalt, lactitol, maltitol, mannitol, sorbitol, tagatose, xylitol
<b>CAUTION</b> (barely tested) monk fruit extract
<b>AVOID</b> (causes cancer in animals) acesulfame potassium, aspartame, saccharin, sucralose
Source: chemicalcuisine.org.

**How much added sugar is okay?** Women should eat fewer than 6 teaspoons (25g) of added sugar per day. Men should aim for fewer than 9 teaspoons (36g).

### How many grams of sugar are in a teaspoon?

One gram of sugar equals one-quarter teaspoon so 4 grams make 1 teaspoon.

### What are the benefits of eating less sugar?

There are numerous benefits to keeping your sugar intake in check. Here are just a few:

- More even moods (fewer swings)
- Less tooth decay & fewer cavities
- Less inflammation
- Less joint pain
- Better blood pressure
- Lower risk of heart disease
- Less chance of overeating
- Improved hormone balance
- Better liver health
- Easier weight control
- Better diabetes control

### What are some easy ways to cut back on sugar?

- **Allow yourself a small treat** once in a while, not every day. Make it a quality treat, such as a dark chocolate truffle instead of a king-size candy bar.
- **Reach for fruit.** It's naturally sweet and contains fiber, which helps you feel full. Try combining your fruit with a little protein (i.e. unsalted nuts).
- **Eat regularly** to keep your blood sugar more stable. This can help you avoid impulse eating.
- **Have a glass of water** or a cup of hot green tea or lemon water.
- **Take a walk** to get your mind off your craving.
- **Plan your meals** for a week to help you eat what you intend rather than eat what's handy when you're "hangry." See sample one-day menu below with low added-sugar options:

#### Breakfast:

Baked oatmeal cups (amount of added sugar depends on choice of ingredients)

Plain yogurt (amount of added sugar depends on brand)

Fresh/frozen fruit (no added sugar)

**Lunch:** Grain bowl of goodness (amount of added sugar depends on choice of ingredients)

#### Dinner:

Butternut bisque (3g added sugar)

Grape-Nut® raisin bread (2g added sugar)

Mixed green salad (amount of added sugar depends on choice of ingredients)

**Snack/dessert:** Chocolate cookie dough balls (no added sugar)

*Recipes can be found at [peacehealth.org/healthy-you/recipes](https://peacehealth.org/healthy-you/recipes).*

Sources: <https://www.cspinet.org/new/201312311.html>

