Navigating Hidden Sugar

The Not-So-Sweet Truth About Added Sweeteners

COURTNEY JACKSON, ND
JULIE BRILEY, ND
FOOD AS MEDICINE INSTITUTE, NCNM
Food As Medicine Everyday (FAME) Series
12- week cooking and nutrition classes

• Promote Whole Foods and Low-Processed Foods
• Encourage Plant-Based Diet
• Include Food from Healthy Animals
• Promote Anti-inflammatory Food Choices
• Individuals Have Unique Food Needs
• Care About Food and Food Production
FAME Locations

Charlee’s Kitchen- NCNM Campus
Banks, Oregon
Coffee Creek Correctional Facility
Cascadia Behavioral Health Services- Gresham
My Olivet Baptist Church- North Portland
June Key Delta Community Center – North Portland
Zenger farms- SE Portland
High Schools- Roosevelt, Gresham, Open Meadows
Naturopathic Medicine

Naturopathic doctors are trained as primary care physicians who are experts in using natural medicine therapies.
Let’s Talk AboutNavigating Hidden Sugar!
### Added Sweeteners

Does not include naturally occurring sugar found in whole foods

- Whole fruits and vegetables
- Unprocessed dairy (lactose)

“Sugar” in “Nutrition Facts” does not YET differentiate between naturally-occurring and added sweeteners!

Start with the ingredient list!

### Nutrition Facts

<table>
<thead>
<tr>
<th>CURRENT FORMAT</th>
<th>PROPOSED FORMAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong> 2/3 cup (55g)</td>
<td><strong>Serving size</strong> 8 servings per container</td>
</tr>
<tr>
<td><strong>Serving Per Container</strong> About 8</td>
<td><strong>Serving size</strong> 2/3 cup (55g)</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>Amount per 2/3 cup</strong></td>
</tr>
<tr>
<td>Calories 230</td>
<td><strong>Calories</strong> 230</td>
</tr>
<tr>
<td>Calories from Fat 40</td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong> 8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong> 0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 3g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

* 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 65g 80g
- **Saturated 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

* Footnote on Daily Values (DV) and calories reference to be inserted here.
A sweetener by any other name

**INGREDIENTS:** AGAVE, BROWN SUGAR, CANE CRYSTALS, CANE JUICE, CANE SUGAR, CORN SWEETENER, CORN SYRUP, CRYSTALLINE FRUCTOSE, DEXTROSE, EVAPORATED CANE JUICE, FRUCTOSE, FRUIT JUICE CONCENTRATES, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, HONEY, INVERT SUGAR, LACTOSE, MALTOSE, MALT SYRUP, MOLASSES, RAW SUGAR, SUCROSE, SUGAR, SYRUP
How much is too much?
Equation to Remember

4 grams of sugar = 1 teaspoon = 1 sugar packet

Upper Limit

Women: 6 teaspoons = 24 grams
Men: 9 teaspoons = 36 grams
What are you drinking?

Coca-Cola (12 oz): 39 grams = 10 teaspoons

Mountain Dew (20 oz): 77 grams = 19 teaspoons

Blue Sky Natural Soda, Cherry Vanilla Cream (12 oz): 46 g sugar = 11 ½ teaspoons

Vitamin Water Orange (20 oz): 32.5g sugar = 8 teaspoons

Washington Natural Apple Juice (16 ounces): 56g sugar = 14 teaspoons
Natural vs Added Sugar

It is only by reading the ingredient list that the consumer can determine if a food product has added sweeteners and the source of the added sweeteners.

Let’s consider yogurt....
### PLAIN YOGURT

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 container (226g)</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Calcium</td>
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### FRUIT YOGURT

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PLAIN YOGURT
Ingredients: Cultured Pasteurized Grade A nonfat milk, whey protein concentrate, pectin, carrageenan.

FRUIT YOGURT
Ingredients: Cultured Grade A reduced fat milk, apples, high fructose corn syrup, cinnamon, nutmeg, natural flavors, and pectin. Contains active yogurt and L. acidophilus cultures.
Why should we care about added sugar?

Table Sugar: 50% glucose, 50% fructose
High Fructose Corn Syrup: 45% glucose, 55% fructose

Too much glucose: insulin resistance, pre-diabetes, type II diabetes, weight gain

Too much fructose: increased triglycerides, fatty liver disease, weight gain
What about artificial sweeteners?

Associated with weight gain
Associated with type II diabetes (67% increased risk)
Linked to cancer in animal studies
Can act as an excitotoxin (aspartame)
Individuals report sensitivities—neurological symptoms, allergic, headaches
Increase sugar cravings over time

**Definitely not part of a whole foods, low-processed diet**
Identify this popular drink...

Water, **Corn Maltodextrin**, **Sugar**, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate, Nonfat Milk. Less than 0.5% of: Natural & Artificial Flavor, Magnesium Phosphate, Potassium Citrate, Cellulose Gel, Salt, Calcium Carbonate, Calcium Phosphate, Choline Chloride, Ascorbic Acid, Sodium Citrate, Cellulose Gum, Potassium Chloride, Monoglycerides, Soy Lecithin, Carrageenan, **Liquid Sucralose**, **Acesulfame Potassium**, Red 3, and Sucromalt. Contains milk and soy ingredients.
Sweets as Treats
Redefining our relationship

Nature provides sweetness!

- whole fruits
- sweet vegetables (carrots, sweet potato, snap peas, red bell peppers)
- herbs and spices- cinnamon, nutmeg, cardamom, sweet basil, mint
Amount, quality and source

Maple syrup
- 43 gallons sap = 1 gallon syrup
- trace amounts of minerals (potassium, magnesium, zinc, calcium)

Honey
- raw is best; contains pollen and enzymes

Agave
- highly processed, high in fructose

Molasses
- mild sweetener
- 1 tablespoon provides 300 mg potassium, 50 mg magnesium, 40 mg calcium

Stevia
- no calories, sugar-free, lowers postprandial insulin

Sugar alcohols
- xylitol, erythritol, sorbitol, mannitol
Why is there so much added sugar in our food?
Eat Fat.... It’s Good For You!

Organic Valley Pasture Butter

Absolutely the best! Our Pasture Butter is made in small, cultured churnings of sweet cream from pastured cows. Made only from May to September. Thats when rich organic grasses naturally provide the highest levels of nutritious goodness: CLA, omega fatty acids and carotenoids.

A delicious dairy treat at the peak of the season.

Produced without antibiotics, synthetic hormones and toxic pesticides.

Wis Grade AA

Limited Edition: May - September

Pasture Butter

Cultured • Lightly Salted

Net WT 8oz (227g)
Food As Medicine Everyday

Book Release!!

Summer FAME Series starts July 2016

Contact information
www.foodasmedicineinstitute.com
www.foodasmedicineeveryday.com

Dr Courtney Jackson: cjackson@ncnm.edu
Dr. Julie Briley: jbriley@ncnm.edu
References


