OU Wellness Lunch & Learn

Sugar

Presented by
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Why do we care?

Links to:
Type 2 Diabetes
Heart Disease
Dental Issues
Sleep Disturbances
Inflammation
Recommended Daily Intake

Men: 9 tsp (36 g)
Women: 6 tsp (25 g)
Children: <6 tsp

Most Americans eating over 21 tsp daily (or 51 Pixie Stix)
60 DIFFERENT NAMES FOR SUGAR

Agave Nectar
Barbados Sugar
Barley Malt
Beet Sugar
Blackstrap Molasses
Brown Rice Syrup
Brown Sugar
Buttered Sugar
Buttered Syrup
Cane Juice Crystals
Cane Juice
Cane Sugar
Caramel
Carob Syrup
Caster Sugar
Coconut Sugar
Corn Sweetener
Corn Syrup
Corn Syrup Solids
Crystal Line Fructose
Date Sugar
Demara Sugar
Dextran
Diastatic Malt
Diastase

Ethyl Maltol
Evaporated Cane Juice
Fructose
Fruit Juice Concentrate
Galactose
Golden Sugar
Golden Syrup
Grape Sugar
High Fructose Corn Syrup
Honey
Invert Sugar
Icing Sugar
Lactose
Malt Syrup
Maltodextrin
Maltose
Maple Syrup
Molasses Syrup
Muscovado Sugar
Organic Raw Sugar
Oat Syrup
Panela
Panocha
Confectioner’s Sugar
Rice Bran Syrup

Rice Syrup
Sorghum
Sorghum Syrup
Sucrose
Sugar
Syrup
Trescie
Tapioca Syrup
Turbinado Sugar
Yellow Sugar
Reading the Label

"OSE" OR "SYRUP"

COMMONLY MISCLASSIFIED: HONEY, FRUIT JUICE, AGAVE, MALTOSE, FRUCTOSE, MOLASSES

WHOLE FRUIT VS FRUIT JUICE?
Reading the Label
Reading the Label

Gooey Butter Cake Ice Cream

Ingredients: Cream, Nonfat Milk, Cane Sugar, Butter Cake [Eggs, Gluten Free Flour (Rice Flour, Corn Starch, Tapioca Dextrin, Xanthan Gum, Rice Extract), Cane Sugar, Butter, Egg Yolks, Molasses, Vanilla Extract, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Sea Salt], Caramel Sauce [Cream, Brown Sugar, Sugar, Honey, Butter, Sea Salt, Lemon Juice, Rice Extract], Tapioca Syrup, Cream Cheese (Cultured Milk and Cream, Salt, Xanthan Gum, Carob Bean Gum, And/or Guar Gum), Sea Salt, Madagascar Bourbon Vanilla Extract, Natural Flavor.

Contains: Milk, Eggs

GLUTEN FREE

JENI'S SPLENDID ICE CREAMS, LLC
COLUMBUS, OHIO 43215

Made in a kitchen that also makes products that contain milk, eggs, peanuts, tree nuts, soy and wheat.

Nutrition Facts

Serving size 2/3 Cup (124g)

Amount per serving

Calories 360

% Daily Value*

Total Fat 20g 26%
Saturated Fat 12g 60%
Trans Fat 0g
Cholesterol 85mg 28%
Sodium 190mg 8%
Total Carbohydrate 41g 15%
Dietary Fiber 0g 0%
Total Sugars 35g
Includes 29g Added Sugars 58%
Protein 5g

Vitamin D 1mcg 6%
Calcium 141mg 10%
Iron 0mg 0%
Potassium 191mg 4%

*The % Daily Value 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.
4 Ways TO REDUCE YOUR SUGAR INTAKE
Rethink your drink

More than 1/3 of all sugars are consumed in beverages - the greatest source of added sugar in the US diet.

More than cakes, cookies, and candy!
Rethink Your Drink

One can of Coke = 10 teaspoons of sugar

[BuiltLean]

Domino SUGAR

Made in Pure Cane Sucrose

Net Wt: 17 oz (480 g)
Find a healthy alternative

ice cream --- banana ice cream
popsicle --- frozen grapes
flavored yogurt --- plain yogurt with whole fruit
soda --- carbonated water/infused water
sweet tea --- gradually reduce to unsweetened
milk chocolate --- dark chocolate
03

Recognize your triggers for cravings

After a meal?
- chew gum or drink hot tea

Late at night?
- brush your teeth

Holidays?
- Enjoy! Then walk away
04 Make your own vs buying

Reduce the amount of sugar in a recipe by 1/2 to 1/3. Often you won't even be able to taste the difference.
Sugar alcohols/subs

- Often have aftertaste or cause GI upset
- Probably safe in moderate use
- May promote weight gain/cravings
Helpful Tools

App: Sugar Rush

Website: https://shapeyourfutureok.com/rethink-your-drink/
Remember

- It's not necessary to ELIMINATE sugar.
- Stress is also inflammatory
- Reducing excessive sugar intake is one piece of a healthy lifestyle
Thank You
FOR YOUR TIME!

TO MAKE AN APPOINTMENT WITH THE DIETITIAN
PLEASE CALL 405.325.4441