



NUTRITION NEWS

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WISHING EVERYBODY A BLISSFUL, SWEET HOLIDAY SEASON!

This time of year is a joyous one, filled with all the mixed emotions. Something else it is filled with? All the sugary sweets! It is an exciting time when everywhere you turn you can find all your favorite, savory treats, the downfall though, is the nasty feelings you're left with after mindlessly devouring all the tasty foods.

Sugar has become a real problem for the average American. As it is highly addictive, it only leaves us wanting more. Men and women are consuming more than they are aware of, as sugar is added to products you would never think. Every day American adults consume on average 17 teaspoons of sugar that have been added to their food and beverages.

So what is a rational and appropriate amount? The American Heart Association recommends that men only consume 150 calories per day, which is equal to 9 teaspoons and that women only consume 100 calories per day, which is equal to 6 teaspoons.

One way to help eliminate added sugar from the diet, other than eliminating processed foods, is by being aware of food labels and knowing what to look for. Sugars like to hide in different forms. Try to avoid foods that have these ingredients listed, as these are added sugars:

- ❖ Brown sugar
- ❖ Corn syrup
- ❖ Corn sweetener
- ❖ Fruit juice concentrates
- ❖ Invert sugar
- ❖ High-fructose corn syrup
- ❖ Malt
- ❖ Molasses
- ❖ Syrup sugar molecules ending in "-ose" (dextrose, maltose, sucrose, fructose, lactose, glucose)



- ❖ Oh Sugar
- ❖ Sugar is Not so Sweet



- ❖ Truth Bomb
- ❖ Recipe of the Month
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SUGAR IS NOT SO SWEET



It is no lie or a hidden secret the temptation sugar plays not just during the holidays, but all year 'round. The cravings for sugar are real and, indeed, only leave you wanting more. So let's talk sugar and the effects it has on the body. Sugar occurs naturally in foods that contain carbohydrates, like dairy, fruits, vegetables, and grains. There is nothing wrong with consuming these foods that have naturally occurring sugar, because these foods also provide nutrients, fiber, and antioxidants that are necessary for the body. Consuming a balanced diet in fruits, vegetables, dairy and grains has been shown to reduce the risk of chronic diseases, like heart disease, diabetes and some cancers. It is when one consumes too much added sugar that sugar consumption becomes a problem. Added sugar is sugar that food manufacturers add to products to extend shelf life and increase flavor. The top sources of sugar come from processed foods (ready-to-eat and microwaveable foods), soft drinks, fruit drinks, cookies, cakes, candy, cereals, and flavored yogurts. It is effortless to consume too much sugar when it is basically added to everything. According to the National Cancer Institute, adult men consume an average 24 teaspoons of added sugar per day, which is equal to 384 calories.

Some effects of too much sugar:

- **Greater risk of dying from heart disease**
 - High amounts of sugar overload the liver. The liver processes sugar the same way as alcohol, it takes the carbohydrates and converts them to fat. Over time, this leads to excess fat which can lead to fatty liver disease, a contributor to diabetes, in turn increasing risk of heart disease.
- **Raise blood pressure and increase chronic inflammation**
 - Both of which are pathological pathways to heart disease
- **Weight gain**
 - Too much added sugar, especially from beverages, can trick the body by altering its appetite-control system since fluids are not as satisfying and fulfilling as solid foods. Which is why people tend to easily add more calories to their diet from sugary fluids, hence weight gain.
- **May increase risk of depression**
 - High sugar intake has been associated with a higher risk of depression. Researchers have shown correlations between high sugar intake and greater increase in depression in both men and women. It is believed that blood sugar swings, inflammation, and neurotransmitter dysregulation may all be reasons for sugar's damaging effects on mental health
- **May accelerate the skin aging process**
 - Wrinkles are a natural process of aging, however high sugar intake and poor food choices can speed up the aging process. Advanced glycation end products (AGEs) are compounds formed by reactions between sugar and protein in the body and are presumed to play a key role in skin aging. AGEs damage elastin and collagen, proteins responsible for helping the skin to stretch and keep its youthful appearance.
- **Drains energy and leads to mental fog**
 - Diet high in sugar can lead to blurred memory and has been linked to increased risk of dementia. Consuming foods high in sugar quickly spikes blood sugar and insulin levels leading to a boost in energy. However, that boost is quickly followed by a sharp drop in blood sugar, known as a crash. Best way to keep blood sugar levels stable, is by pairing carbs high in added sugar with food sources high in fiber, protein and fats. Ex. eating sugary fruits with almonds or jerky
- **Dental health problems**
 - We all have fallen victim of nagging parents telling us to brush our teeth after eating candy or risk getting cavities. Cavities can be a real pain, especially as we age. Bacteria in our mouth feed off of sugar and release acid byproducts, cause of tooth demineralization.

TRUTH BOMB

@ENTREPRENEURQUOTE

Healthy grocery shop - \$100 - Too expensive
Dinner date - \$100 - Reasonable

Months supplements - \$100 - Can't afford that
Night out drinking - \$100 - Weekly occurrence

Start a business - \$1000 - I can't justify that
iPhone XR - \$1000 - The newest model is a necessity

Personal growth seminar - \$250 - Crazy talk
Gucci belt - \$250 - Need to have it

60 mins at the gym - I wish I had time
60 mins watching Netflix - Time flies, watch another one

Everything in life is about priorities. And what you
prioritize will dictate what your life looks like.
Where will you be in 5 years?

Although some of these statements may not be true for all, sadly, all of them do apply to some. Perspective is everything. Too many people will live their whole lives thinking their health is an expense, instead of an investment. It is not the big, drastic steps and decisions that propel us towards sustainable, balanced lifestyles, but instead it is the small, day by day, intentional actions that set us up for successful life-altering changes. Our bodies truly are our greatest investment and we only get one to live in, so it is crucial that we cherish and take care of the one we have. What are you going to do today that your body and mind will thank you for in the future?

Get creative this Christmas and have some fun making these easy fruit knick-knacks and veggie cups!

VEGETABLE CHRISTMAS PARTY CUPS



WHAT YOU WILL NEED:

VEGGIE CUPS:

- Plastic cups (as pictured on left)
- Carrots
- Cauliflower
- Broccoli
- Sugar snap peas
- Bell pepper

FRUIT KNICK-KNACKS

- Tooth picks
 - Strawberries
 - Bananas
 - Green apples
 - Green grapes
 - Raspberries
 - Pretzel sticks
 - Little marshmallows
 - Sprinkles (for eyes)
 - Red M&M's (for nose)
- BE CREATIVE AND HAVE FUN! ☺



"The past is a place of reference, not a place of residence. The past is a place of learning, not a place of living."