Limit Your Sugar
TYPES OF SUGAR

• Naturally occurring sugar

• Added sugar
WHAT’S THE BIG DEAL?

• Most people consume more sugar than they realize
• Added sugar has calories but no nutrients
• Too much sugar can lead to weight gain, Type 2 diabetes, heart disease, hypertension, cavities
HOW MUCH IS TOO MUCH?

Daily Added Sugar Limit

5-10% of your total calories

For a 2,000 calorie diet:

6-12 teaspoons
25-50 grams
100-200 calories

Source: The American Heart Association, 2015-2020 Dietary Guidelines
ADDED SUGARS IN OUR DIETS

Sugary drinks are the #1 source of added sugar in Americans’ diets!
WHAT DO YOU LIKE TO DRINK?
WHAT IS A SUGARY DRINK?

• Any drink where sugar has been added
  • Regular sodas
  • Fruit drinks
  • Agua fresca (if sugar added)
  • Lemonade
  • Sweetened teas
  • Energy drinks
  • Sports drinks
WHAT ABOUT 100% FRUIT JUICE?

VS

• 15.2 oz bottle
• 49 g sugar
• 210 calories
• 0 g fiber

1 medium apple
19 g sugar
95 calories
4.4 g fiber
LIQUID CALORIES

A Day of Beverages

1150 Calories
204 g Sugar

Orange juice (8 oz.)
110 calories
21 g sugar

Mocha (16 oz.)
300 calories
35 g sugar

Regular cola (20 oz.)
240 calories
65 g sugar

Fruit drink (16 oz.)
200 calories
47 g sugar

Sweetened ice tea (16 oz.)
150 calories
36 g sugar

Beer (12 oz.)
150 calories
0 g sugar
WHAT DOES THIS MEAN?

For a Woman who needs 1,700 Calories/Day

**Calories**
- Remaining calories for meals: 550
- Calories from drinks: 1150

**Sugar**
- Sugar consumed: 204 g
- Remaining sugar: 0 g
HOW SWEET IS IT?
Common Sweeteners

- High fructose corn syrup
- Malt
- Cane
- Caramel
- Juice
- Honey
- Molasses
- Agave nectar

Other Words for Sugar

- Fructose (natural, in fruits)
- Lactose (natural, in milk)
- Sucrose
- Maltose
- Glucose
- Dextrose
CHECK THE LABEL

Orange Soda

16 oz bottle

Nutrition Facts

Serving Size: 1 Bottle

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories 220</td>
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<tr>
<td>Total Fat 0g</td>
<td>0%</td>
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<tr>
<td>Sodium 80 mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrates 50g</td>
<td>20%</td>
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<tr>
<td>Sugars 59g</td>
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<td>Protein 0g</td>
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Not a significant source of fat, sat. fat, trans fat, chol., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate (To Protect Taste), Natural Flavors, Modified Food Starch, Sodium Polyphosphates, Glycerol Ester Of Rosin, Yellow 6, Red 40.
LIMIT YOUR SUGAR

• On a scale of 0-10, how important is it for you to drink fewer or no sugary drinks?

0 1 2 3 4 5 6 7 8 9 10

Less Important

Very Important
MYTH #1

“If a food doesn’t taste sweet, it can’t have much sugar.”
MYTH #1: FALSE

Sugar is found in many different types of foods that may not taste sweet, like breads, salad dressings, frozen foods, and more. Check the nutrition label to be sure!
MYTH #2

“Fruit-flavored drinks like Kool Aid, Sunny D, Tampico, and Capri-Sun are healthy.”
MYTH #2: FALSE

Fruit-flavored drinks that are not 100% juice have little or no fruit juice in them. Many are mostly added sugar and water and have almost as many calories as soda.
MYTH #3

“Sports drinks are good for you when you’re exercising or being active.”
MYTH #3: FALSE

Water provides enough hydration and is the best choice.
MYTH #4

“Drinks and foods labeled ‘natural’ are healthy.”
MYTH #4: FALSE

Many drinks and foods with the word “natural” are made with ingredients that have very few nutrients and are high in sugar. Check the nutrition label to see what’s in these items.
MYTH #5

“Diet soda is healthy.”
MYTH #5: FALSE

Diet soda has caffeine and sweeteners, and is also concerning because it is very acidic. The acid in soda can lead to tooth decay and cavities.
MYTH #6

“Just one soda per day is fine.”
MYTH #6: FALSE

One soda per day can lead to weight gain of 15 lbs per year!
GO! Drink almost anytime! Lowest in sugar and calories.

SLOW! Drink sometimes, or less often. Higher in sugar, and calories.

WHOA! Drink once in a while. Very high in sugar and calories.

Source: National Heart, Lung, and Blood Institute, National Institutes of Health and Coordinated Approach to Child Health (CATCH)
# DRINK FEW OR NO SUGARY DRINKS

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TIPS & TRICKS

Choose water!
TIPS & TRICKS

Make water more exciting.
Keep sugary drinks out of the fridge… and out of the house.
TIPS & TRICKS

Limit 100% fruit juice to 4-6 ounces per day.
TIPS & TRICKS

Substitute!
BOTTOM LINE

• Don’t drink your calories!
• Try to cut back on sugary drinks
• Choose whole fruit over fruit juice
• Limit 100% fruit juice to 4-6 ounces per day
• Try new ways to make water more exciting
TAKE CONTROL!

Start today because Your Health Matters!
BEING SUPPORTIVE
CONSUME LESS SUGAR

• On a scale of 0-10, how confident are you that you can drink fewer or no sugary drinks?
**MAKE A PLAN**

Setting goals is the key to success. Set goals that are specific, clear, and possible to achieve.

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<th>What will you drink less of?</th>
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<table>
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<th>What will you replace it with?</th>
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<th>When will you start?</th>
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<th>How long will you try this?</th>
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<th>How can your study partner help you?</th>
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REFERENCES

• American Heart Association
  • http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars

• Coordinated Approach to Child Health (CATCH)
  • https://catchinfo.org/

• Centers for Disease Control and Prevention
  • https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

• Harvard University, The Nutrition Source
  • https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/

• National Heart, Lung, and Blood Institute
  • Ways to Enhance Children’s Activity and Nutrition (We Can!)
    (https://www.nhlbi.nih.gov/health/educational/wecan/)

• Sugary Drink Facts
  • http://sugarydrinkfacts.org/nutrition_facts.aspx