



Limit Your Sugar



THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer~~ Center
Making Cancer History®



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

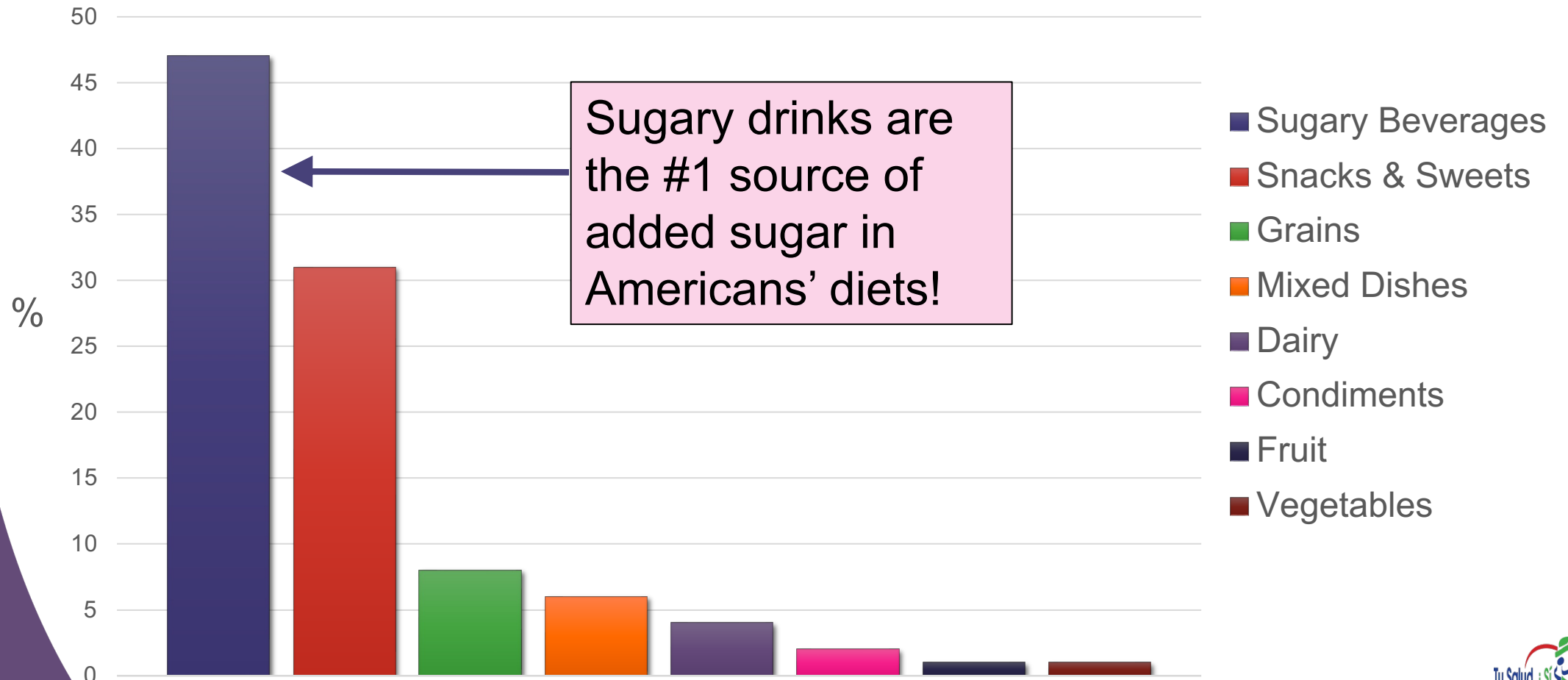
For a 2,000 calorie diet:

6-12 teaspoons

25-50 grams

100-200 calories

ADDED SUGARS IN OUR 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?



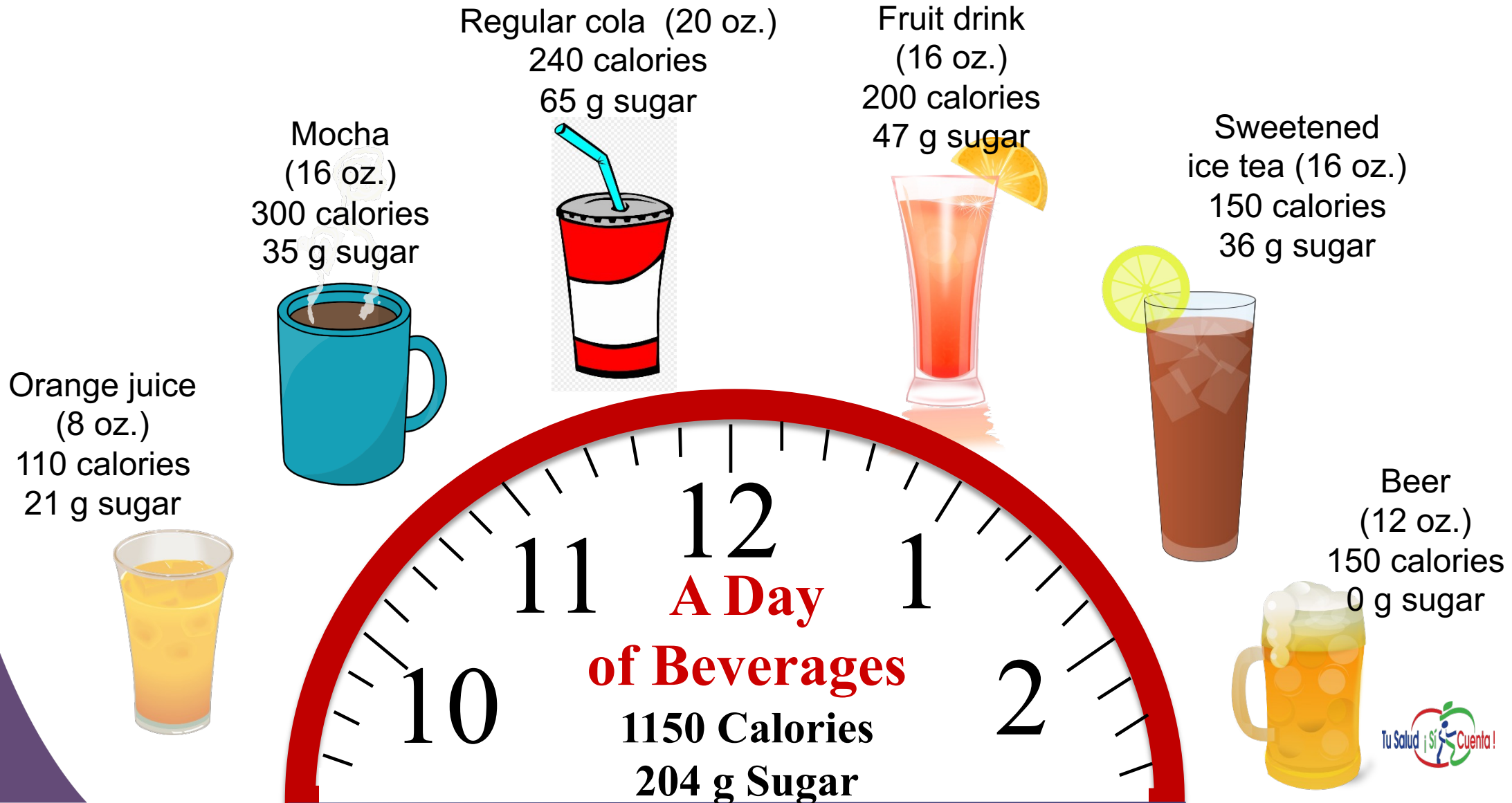
- 15.2 oz bottle
- 49 g sugar
- 210 calories
- 0 g fiber

VS



- 1 medium apple
- 19 g sugar
- 95 calories
- 4.4 g fiber

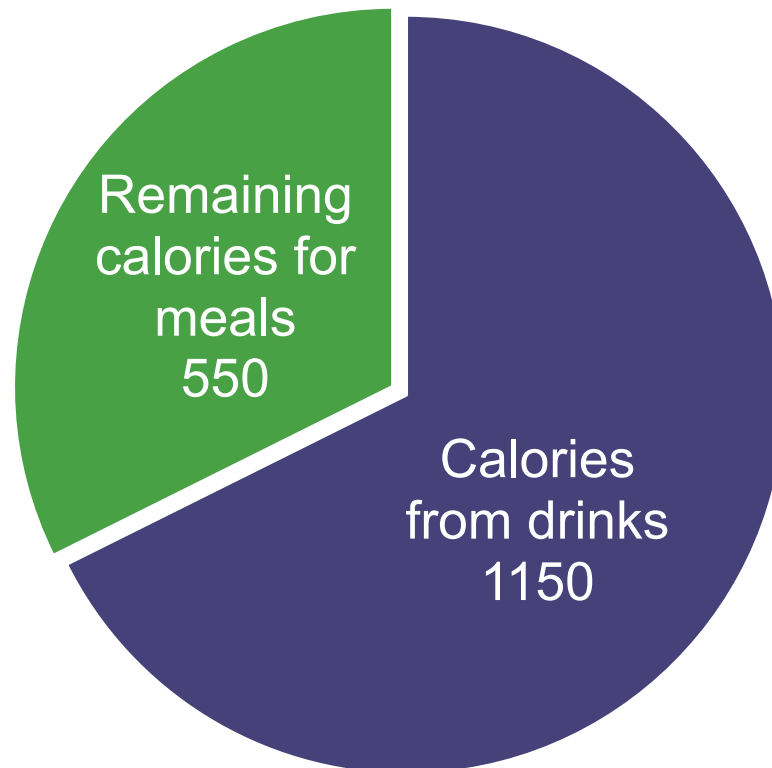
LIQUID CALORIES



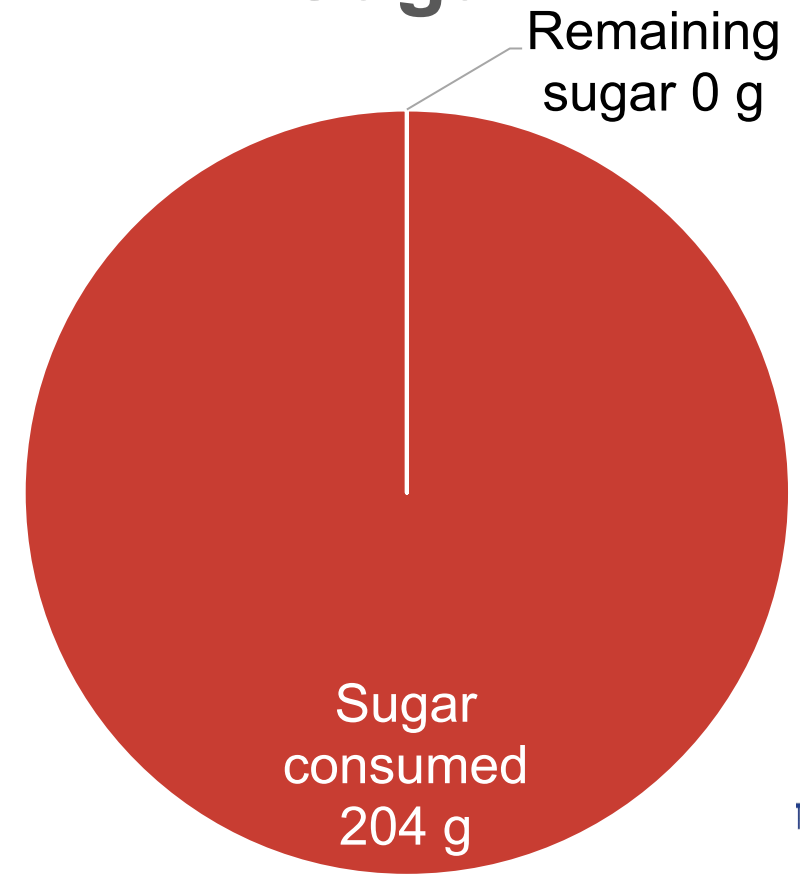
WHAT DOES THIS MEAN?

For a Woman who needs 1,700 Calories/Day

Calories



Sugar



HOW SWEET IS IT?



READ BEFORE YOU DRINK

Common Sweeteners

High fructose corn syrup

Malt

Cane

Caramel

Juice

Honey

Molasses

Agave nectar

Other Words for Sugar

Fruct**ose** (natural, in fruits)

Lact**ose** (natural, in milk)

Sucr**ose**

Malt**ose**

Gluc**ose**

Dextr**ose**

CHECK THE LABEL



16 oz bottle

Nutrition Facts

Serving Size: 1 Bottle

Amount Per Serving

Calories 220

% Daily Value

Total Fat 0g 0%

Sodium 80mg 3%

Total Carbohydrates 60g 20%

Sugars 59g

Protein 0g

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

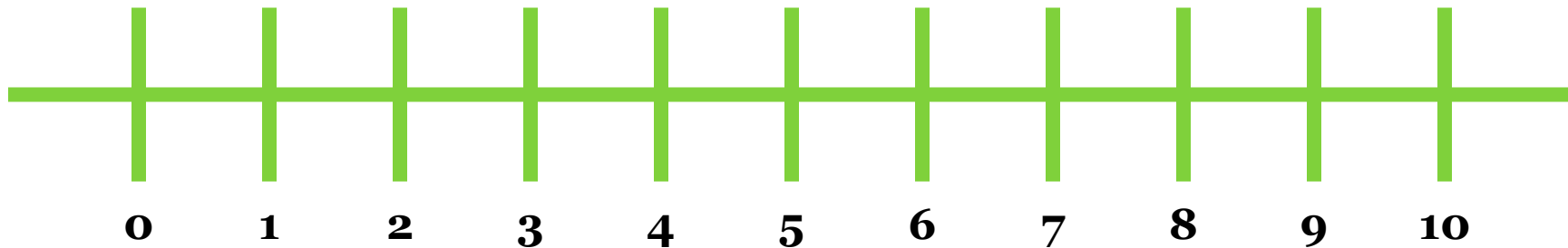
*Percent Daily Values are based on a 2,000 calorie diet.

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?



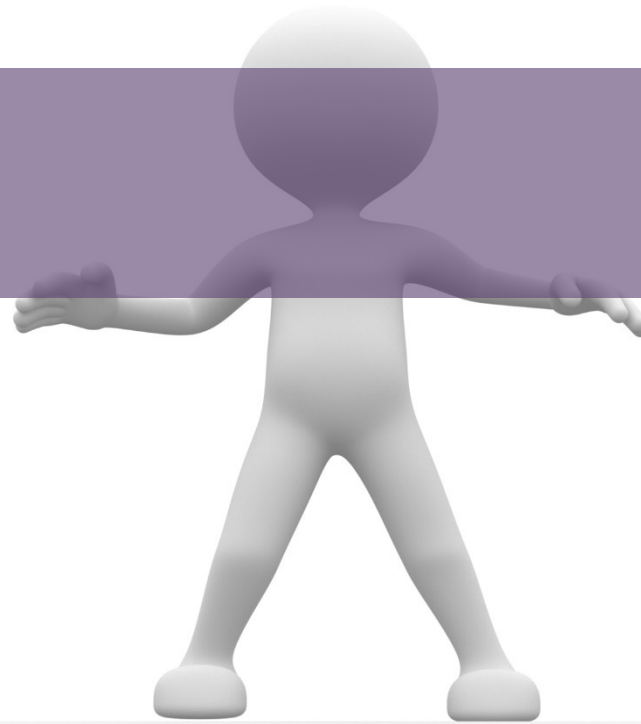
Less
Important

Very
Important

MYTHS

FACT

MYTH



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!

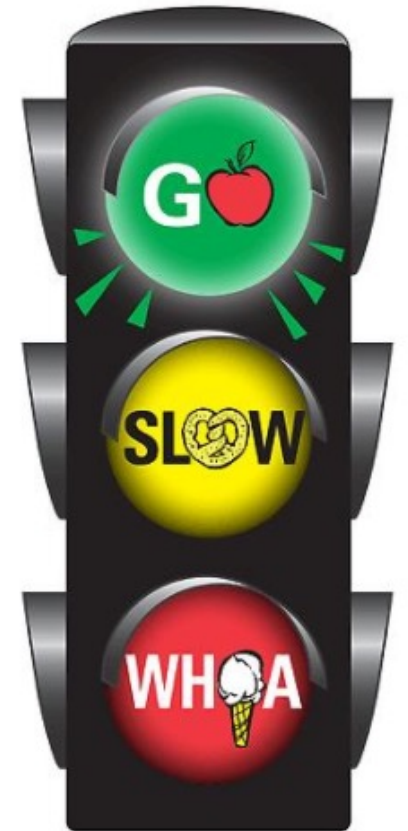


GO-SLOW-WHOA

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.



DRINK FEW OR NO SUGARY DRINKS

Cons	Pros

TIPS & TRICKS

Choose water!



TIPS & TRICKS



Make water more exciting.

TIPS & TRICKS

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

ROLE MODEL VIDEO



TAKE CONTROL!



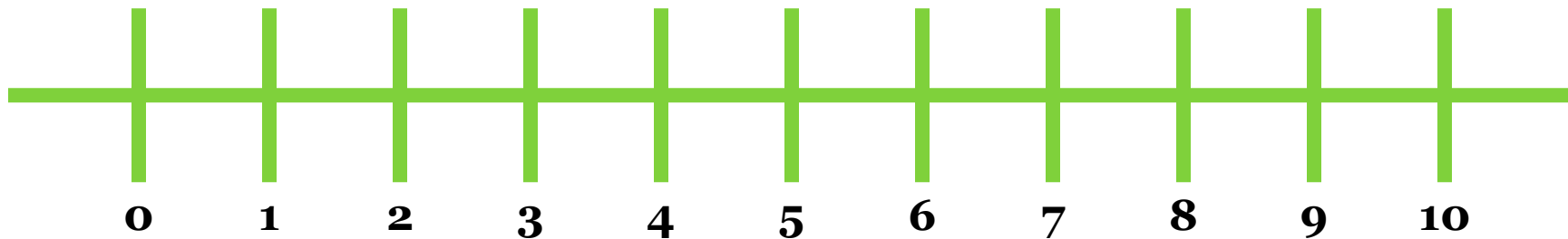
Start today because *Your Health Matters!*



BEING SUPPORTIVE

CONSUME LESS SUGAR

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



Not at all
confident

Very
confident

MAKE A PLAN

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

What will you drink less of?

What will you replace it with?

When will you start?

How long will you try this?

How can your study partner help you?

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