

Removing Sugar from Your Diet

Mara Schwartz BSN, RN, CDE, CPT
Diabetes Education Coordinator

What do you mean by “added sugar”?

- ▶ Added sugar = processed sugar, the sugar you add to cookies, cakes, drinks. Not the natural sugar found in fruits, vegetables and milk.
- ▶ Added sugar has no nutrients
- ▶ 1 sugar cube = 1 teaspoon = 12 calories, 4 calories per gram of sugar and weighs 3 grams.





Negative effects of too much sugar in your diet.

- ▶ Our bodies do not need sugar to function
- ▶ A diet with >25% of calories from sugar, triples the risk for death due a cardiac event compared to a diet containing <10% added sugar.
- ▶ Increased weight
- ▶ Increased fat storage

How does added sugar get into our diet?

- ▶ It's not just the cookies, cakes and candy.
- ▶ Sugar is added to items like spaghetti sauce, salad dressing, sauces, yogurt, breads.
- ▶ While the items in the pictures below look good and can be good for you, the sauces and fruit added to the yogurt contain sugar.
- ▶ The good news is you can find products with less sugar in them.



How much added sugar can I have?

- ▶ The **American Heart Association** suggests:
 - ▶ **Women** - no more than 100 calories or about 6 teaspoons of sugar a day. This equals 25 grams of sugar.
 - ▶ **Males** - no more than 150 calories or about 9 teaspoons of sugar a day. This equals 36 grams of sugar.

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#

Choose no sugar added beverages, try flavored seltzer (no artificial sweeteners) instead of soda.



<https://www.prevention.com/health/what-happens-when-you-stop-eating-sugar>

Tips continued

- ▶ **Artificial Sweeteners are not the answer:** These sweeteners trick your body. You eat something sweet and your body expects calories and nutrition, but artificial sweeteners do not give your body these things. This has been associated with weight gain not weight loss with sugar free products.
- ▶ **Add some Flavor:** spices enhance flavors of your food and they do so without sugar and very little calories. Try adding cinnamon, nutmeg, vanilla and ginger to oatmeal, cookies and muffins.
- ▶ **Don't drink your calories:** sugary drinks pack on the calories as well as weight. Buy unsweetened drinks and try adding a slice of lemon or lime, add a couple of Bing cherries to your water, cucumber slices, orange slice can enhance flavors and makes the water less boring.
- ▶ **Dessert? You can still enjoy them:** You can still indulge once you have been successful at reducing your daily sugar intake. Set rules for yourself like I will only have a desert on the weekend and I will not have any added sugar during the day, or I will only have deserts on special occasions and will not go over my added sugar allowance for the day. Remember females = 25 grams per day and Males= 36 grams per day.

Tips to decrease sugar in your diet

- ▶ **Read the food label:** Ingredients are listed in order of how much exists in the product, if sugar is near the top of the list, that is your alert that there is too much sugar in the product.
- ▶ **Sugar Alias:** There are many different names for sugar. If there is more than one type of sugar listed in the ingredients that is your queue to stay away.
 - ▶ High fructose corn syrup, dried cane sugar, molasses, sucrose, brown rice syrup, honey, maple syrup. If it ends in 'ose it is a sugar.
- ▶ **Buy unsweetened:** look for no added sugar or unsweetened products. Examples: applesauce, oatmeal, canned fruit.
- ▶ **Don't go cold turkey:** gradually reduce your sugar intake. Cut back what you normally add to your coffee, cereal or yogurt by half for a couple of days and decrease again until you have eliminated the added sugar.
- ▶ **Add some healthy fats and protein:** meals and or snacks loaded with sugar will cause your blood sugar to rise rapidly and fall just as quickly. This leaves you hungry in the end and before you know it grabbing something else to eat. Healthy fats (nuts, avocados) and low fat proteins will help sustain you longer. Try adding these to your meal. They will make you feel full an satisfied longer.

How can you reduce the sugar in this meal?



Substitute a whole grain bun or bread instead of the white roll, instead of the pie have fresh fruit or make a parfait with fresh fruit and plain yogurt. Most pie recipes can be made with a quarter to half of the sugar the recipe calls for.



Mountain Dew

20 oz (590 ml) Bottle

Sugars, total: 77g

Calories, total: 290

Calories from sugar: 290

1 L (34 oz) Bottle

Sugars, total: 124g

Calories, total: 440

Calories from sugar: 440

Tip from Eat Smart, Move

More

Drink water often

Water helps us:

- Stay hydrated
- Regulate body temperature
- Rid the body of waste
- Lubricate and Cushions your joints.



Snapple Lemon Iced Tea

8 oz Serving

Sugars, total: 23g

Calories, total: 100

Calories from sugar: 92

16 oz Bottle

Sugars, total: 46g

Calories, total: 200

Calories from sugar: 184

More



Yoplait Yogurt, Strawberry

6 oz Container

Sugars, total: 27g

Calories, total: 170

Calories from sugar: 108

Less



Yoplait Light Yogurt, Strawberry

6 oz Container

Sugars, total: 14g

Calories, total: 100

Calories from sugar: 56

More



Eggo Waffles

2 Waffles, plain

Sugars, total: 2g

Calories, total: 180

Calories from sugar: 8

2 Waffles, with 1/4 cup Syrup

Sugars, total: 35g

Calories, total: 380

Calories from sugar: 140

Better option



Cheerios Cereal

1 Serving (1 cup/28g)

Sugars, total: 1g

Calories, total: 100

Calories from sugar: 4

Remember

- ▶ Stick to it. You have to break a habit and for some people a sugar addiction.
 - ▶ Good luck
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- ▶ Contact Mara Schwartz with any questions.
 - ▶ x5007
 - ▶ Mara.Schwartz@selfregional.org