

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

SEPTEMBER 10, 2018

KICKING THE SUGAR HABIT!

THERE WILL BE NO CLASS ON MONDAY, OCTOBER 8<sup>TH</sup>, DUE TO THE HEALTH DEPARTMENT BEING CLOSED FOR COLUMBUS DAY!

I RECEIVED THE INFO FOR THIS LESSON BY E-MAIL, SO I THOUGHT I'D CHANGE IT A LITTLE TO MEET OUR NEEDS. (AND BY "CHANGE," I GUESS I REALLY MEAN PLAGIARIZE!) THE TITLE INTRIGUED ME SINCE, AS YOU KNOW, I MYSELF REALLY HAVE A PROBLEM WITH SUGAR!

AS YOU PROBABLY ALREADY KNOW, NATURE SUPPLIES US WITH DIETARY SUGAR IN DIFFERENT FOODS. (IT'S ACTUALLY THE BODY'S PREFERRED SOURCE OF ENERGY!) IF A FOOD INGREDIENT ENDS IN "-OSE", THAT DOES INDICATE A SUGAR. FOR EXAMPLE, "MILK SUGAR" IS LACTOSE. "FRUIT SUGAR" IS FRUCTOSE. KEEP IN MIND THAT JUST BECAUSE IT'S A SUGAR DOESN'T AUTOMATICALLY MEAN IT'S NOT GOOD FOR YOU! ALL SUGARS CONTAIN 4 CALORIES PER GRAM (CARBOHYDRATE, OR "CHO"), SO THAT JUST MEANS WE NEED TO WATCH OUR PORTIONS. (NOTHING NEW THERE, RIGHT?) WHAT I'M REALLY REFERRING TO HERE, THOUGH, IS ADDED SUGAR. SUGAR OFTEN IS ADDED DURING THE MANUFACTURING AND PROCESSING OF FOODS AND BEVERAGES. IT CAN ALSO BE ADDED AT THE TABLE.

ADDED SUGAR ACCOUNTS FOR AS MUCH AS 16 PERCENT OF THE TOTAL CALORIES WE CONSUME. IT'S FOUND IN EVERYTHING FROM COOKIES AND CANNED FRUIT TO BEVERAGES AND SALAD DRESSINGS. NO WONDER IT'S SO HARD TO KEEP YOUR SUGAR INTAKE IN CHECK! IT'S IMPORTANT TO STAY VIGILANT AGAINST TOO MUCH SUGAR IN YOUR DAILY DIET. EXCESS SUGAR HAS BEEN LINKED TO HEART DISEASE, DIABETES, AND WEIGHT GAIN.

MANY FOODS THAT CONTAIN ADDED SUGARS PROVIDE WHAT'S KNOWN AS "EMPTY CALORIES." THIS, OF COURSE, MEANS THE FOODS ARE FATTENING BUT PROVIDE FEW OR NO ESSENTIAL NUTRIENTS OR FIBER. BY CUTTING DOWN ON THESE FOODS, THEN, YOU'LL CUT CALORIES WITHOUT COMPROMISING NUTRITION.

IF YOU'RE A LABEL READER (AND IF YOU'RE NOT, WORK ON BECOMING ONE!) YOU CAN SPOT SUGARS ON FOOD INGREDIENT LABELS UNDER NAMES LIKE HIGH FRUCTOSE CORN SYRUP, WHITE SUGAR, BROWN SUGAR, CORN SYRUP, CORN SYRUP SOLIDS, RAW SUGAR, MALT SYRUP, MAPLE SYRUP, PANCAKE SYRUP, FRUCTOSE SWEETENER, LIQUID FRUCTOSE, HONEY, MOLASSES, ANHYDROUS DEXTROSE, AND CRYSTAL DEXTROSE. SOME OF THOSE DON'T SOUND VERY SWEET, DO THEY?!

TO CURB YOUR SWEET TOOTH, HERE ARE SOME SIMPLE APPROACHES TO TRY:

- EAT REGULAR MEALS AND SNACKS

CRAVING SWEETS? YOU MAY JUST BE HUNGRY! TO HELP WARD OFF EMPTY CALORIES, TRY TO PLAN OUT YOUR MEALS AND SNACKS AND WHAT TIME YOU'LL EAT THEM.

- INCLUDE LEAN PROTEIN AND HEALTHY FAT WITH MEALS AND SNACKS  
YOUR GOAL IS TO EAT CORRECTLY, INCLUDING WHOLE GRAINS, LEAN PROTEIN, LOW-FAT OR FAT-FREE DAIRY AND FRUITS AND VEGETABLES. WHAT WILL REALLY HELP KEEP YOU FULL AND SATISFIED, THOUGH, IS PROTEIN AND HEALTHY FATS. BY FENDING OFF ENERGY CRASHES, YOU'LL FIND IT EASIER TO RESIST JUNK FOOD!
  1. LEAN PROTEINS: FISH / SKINLESS CHICKEN BREAST / LEAN MEATS / LOW-FAT CHEESE AND COTTAGE CHEESE / FAT-FREE OR LOW-FAT MILK AND YOGURT / EGGS / BEANS
  2. HEALTHY FATS INCLUDE AVOCADO / NUTS AND SEEDS / PEANUT BUTTER / OLIVE AND CANOLA OIL
- LET YOUR TASTE BUDS ADJUST TO LESS SWEETNESS  
MAKE A CONSCIENTIOUS EFFORT TO EAT LESS ADDED SUGAR, AND THIS CAN REALLY MAKE A DIFFERENCE. WHO KNOWS...YOU MIGHT ACTUALLY REALIZE YOU ENJOY YOUR FOOD MORE WITHOUT IT!
- MODIFY YOUR FAVORITE FOODS  
LIKE I SAID BEFORE, SOME SUGAR DOES OCCUR NATURALLY IN FOODS. FRUIT IS CERTAINLY NATURALLY SWEET, MAKING IT A GREAT ALTERNATIVE TO THE SUGAR BOWL! HERE ARE A FEW SUGGESTIONS FOR LIMITING ADDED SWEETENERS IN SOME FOODS:

MIX IT UP – WHEN CHOOSING A BEVERAGE, TRY THESE OPTIONS AND DON'T FORGET THE IMPORTANCE OF MODERATION!

BEVERAGES:

- PLAIN WATER
- SQUEEZING FRESH LEMON OR LIME JUICE INTO WATER OR SELTZER – OR ADD A SPLASH OF CRANBERRY JUICE OR LEMONADE
- SKIPPING THE FLAVORED SYRUPS IN YOUR COFFEEHOUSE DRINK
- IF YOU DO DRINK JUICE, YOU COULD DILUTE IT BY HALF WITH SPARKLING WATER

\*PROCEED WITH CAUTION\* – YOGURT AND CEREAL CAN BE HEALTHY CHOICES, BUT THEY ARE NOT ALL CREATED EQUAL!

YOGURT:

- MIX PLAIN YOGURT WITH FRUITED OR FLAVORED VERSIONS TO REDUCE THE TEASPOONS OF SUGAR PER SERVING

- ADD YOUR OWN MIX-INS...USUALLY THE “FRUIT” IS IN SYRUP (SUGAR) AND FOR THE SAKE OF SALES, MANY OF THE ADDITIONS ARE TASTY BUT NOT EXACTLY HEALTHY!
- CEREALS:
  - MIX TOGETHER A SWEET AND A LOW- OR NO-SUGAR VERSION. I LOOKED IT UP... PLAIN OLD CHEERIOS HAVE A SINGLE GRAM OF SUGAR PER SERVING; HONEY NUT CHEERIOS HAVE 11.9 GRAMS! EVEN IF YOU ADDED A TEASPOON OF SUGAR TO YOUR BOWL OF REGULAR CHEERIOS, YOU’D ONLY ADD 4 GRAMS!
  - CHOOSE A NO-SUGAR VERSION AND ADD YOUR OWN FRESH FRUIT – BANANAS, BERRIES, OR EVEN A SMALL HANDFUL OF DRIED CRANBERRIES OR RAISINS WILL SWEETEN YOUR DAY – AND YOU’LL EVEN GET SOME VITAMINS, TO BOOT!
- BAKED GOODS: COOKIES, CAKES AND MUFFINS! REALLY, THERE’S NOT MUCH YOU CAN DO ABOUT STORE-BOUGHT BRANDS. HOWEVER, IF YOU LIKE TO BAKE, CONSIDER MAKING YOUR OWN, WITH A FEW REVISIONS:
  - USE LESS SUGAR THAN THE RECIPE CALLS FOR. YOU’LL NEED TO EXPERIMENT A BIT. MANY RECIPES CAN HAVE SUGAR CUT BY ONE-THIRD WITH NO DETECTABLE DIFFERENCE.
  - TRY ADDING NUTMEG, CINNAMON, ALLSPICE, LEMON AND/OR ORANGE ZEST.
  - USE MASHED FRUIT IN PLACE OF SOME OF THE SUGAR. I’VE USED APPLESAUCE AND CANNED PUMPKIN. THEY BOTH MAKE A VERY MOIST PRODUCT WHICH I’M SURE DOESN’T KEEP AS LONG...*NOT* PART OF THE PROBLEM AT THE DICKEY HOUSEHOLD!
  - IF YOU LIKE IT, USE DARK CHOCOLATE IN PLACE OF MILK CHOCOLATE. IT HAS A LITTLE LESS SUGAR – BUT YOU’LL PROBABLY ALSO NEED TO USE LESS OF IT BECAUSE IT’S GOT A BITTER TASTE.
  - SKIP THE FROSTING AND DUST WITH A LITTLE POWDERED SUGAR.
- SNACKS: FRUITS AND VEGGIES ARE THE WAY TO GO – MOST OF US NEED TO EAT MORE OF THOSE FOOD GROUPS, ANYWAY! YOU CAN GET A LITTLE CREATIVE:
  - SPREAD NATURAL ALMOND OR PEANUT BUTTER (A SKIFF!) ON APPLE OR BANANA SLICES.
  - DIP CARROTS OR RED PEPPER STRIPS IN HUMMUS OR A LOW-FAT YOGURT DIP.
  - COTTAGE CHEESE (WATCH THE FAT CONTENT!) WITH EITHER PEACHES OR TOMATOES.
  - FRUIT SMOOTHIE MADE WITH MILK, PLAIN YOGURT AND FRESH BERRIES – ADD A SEMI-RIPE BANANA FOR MORE SWEETNESS.
  - NATURAL APPLESAUCE SPRINKLED WITH CINNAMON – IT’S NOT AN APPLE DUMPLING, BUT IT’S PRETTY YUMMY!
  - IN GENERAL, TRY TO STAY AWAY FROM PROCESSED TREATS. HOWEVER, THERE ARE SOME ALTERNATIVES FOR WHEN YOU’VE JUST GOT TO HAVE SOMETHING:

(FAT-FREE! SUGAR FREE!) JELLO PUDDING OR JELLO  
FIBER-ONE (OR KROGER) BROWNIES OR LEMON BARS

I'D SAY YOU COULD MAKE YOUR OWN, BUT THEN THERE'S THE PROBLEM OF PORTION CONTROL! IT'S  
PRETTY MUCH WHAT BROUGHT US ALL HERE TOGETHER TONIGHT...WE LIKE TO EAT! THE TREATS  
LISTED ABOVE ARE INDIVIDUALLY WRAPPED.

I DON'T KNOW ABOUT YOU, BUT EATING "NO SALTY SNACK FOODS" WAS A TREMENDOUS CHANGE!

**HAVE A GREAT WEEK! OUR "NO!" FOOD FOR THIS WEEK: NO FAST FOOD!!!!**

