

Food Matters

November 2014

A NOTE FROM DINA



It is in your cereal, your morning cup of coffee, your healthy granola bar, your tomato sauce, and of course your ice-cream.

Yes, I'm talking about sugar! Sugar that's been added to your foods, and could arguably be called the worst ingredient in the standard American diet.

The average American consumes 152 pounds of sugar (52 teaspoons of sugar per day), and 60 gallons of soda every year! Evidence is mounting that we are consuming way more sugar than our bodies are equipped to handle and studies show that sugar is the primary contributing factor of diabetes, obesity, heart disease and even cancer. A daily 12oz soda increases the risk of heart disease for an adult male by 20%, the risk of diabetes by 22% and the risk of obesity in children by 60%!

One of sugar's culprits is that it contains a whole bunch of calories with NO nutrients, often referred to as "empty calories." In order to understand better why sugar is so "bad," let's talk about what it's made of and how it functions in our bodies.

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Sugar; Friend or Foe

When we eat, our body converts the food into energy in the form of two simple sugars: glucose and fructose.

Glucose, found in starches, is utilized in every living cell in our bodies. If we don't get it from our diet, our bodies actually produce it through a process called gluconeogenesis.

Fructose, however is rather different. Your body metabolizes fructose in a much different way than glucose. The entire burden of metabolizing fructose falls on your liver. In small amounts found in fruit or natural sweeteners, like honey, the liver converts & stores the fructose as glycogen, so we have it when we need energy at a later time. However, due to the enormous quantities consumed today, the negative effects are much more profound.



When the liver is overloaded with too much fructose, it starts converting the glucose into fat and when it is repeatedly overburdened with large amounts of fructose, this process can lead into (non-alcoholic) fatty liver, which leads to many serious metabolic disorders.

Today, 55% of sweeteners used in food and beverage manufacturing are made from corn; and the number one source of calories in America is soda, which contains high fructose corn syrup. The industry switched to corn syrup from sucrose as a sweetener in the 1970s when they discovered that HFCS is much cheaper to make and 20% sweeter than conventional table sugar with sucrose. Consumption since then has increased by 10,673%!

Studies have shown that beyond the calories, fructose elevates uric acid, which decreases nitric oxide thereby increasing your blood pressure. Increased uric acid also leads to inflammation which can result in heart disease, stroke and many other chronic diseases. Fructose also fails to suppress the "hunger hormone," ghrelin, and fails to stimulate your "satiety" hormone, thus altering the way your body regulates appetite. It also leads to weight gain and belly fat, increased LDL and triglyceride levels, and can lead to metabolic syndrome.

Breakfast

Starbucks Skinny Latte-16 oz... 16 gr
Raisin Bran (1 cup)..... 19 gr
Milk (1 cup)..... 12 gr

Mid-am Snack

Blueberry Flavored Yogurt..... 17 gr

Lunch

Panera Chick. Sandwich..... 8 gr
Panera Creamy Tomato Soup.. 12 gr
Gatorade (20 oz bottle).....34 gr

Mid- Afternoon snack

Nature's Valley Granola Bar..... 12 gr

Dinner

Spaghetti & Prego Meat Sauce..12 gr

Total Amount of Sugar.....142 gr

COMPANY-WIDE SUCCESS



Cheryl Vondera
Age 44

Maintenance
Utility,
Sporlan

Washington,
MO

Cheryl had struggled with her weight for the last 15 years. Her diet was a standard American diet and some of her favorites were pizza, sweets, chips and soda. Cheryl never exercised and playing with her dog or even climbing the stairs at work to get to her desk used to wear her out and leave her winded.

Last year, her biometric screening report had more “reds” than “greens” on it, she was diagnosed with arthritis in her back, and her blood pressure medication dosage was doubled by her doctor. She had learned to live with the fatigue, aches and pains, and was afraid her health had spiraled out of her control.

Finally, one day last year, Cheryl looked into the mirror and didn't even recognize the person looking back at her. That was her “a-ha” moment and she decided to reach out for help.

Cheryl started a weight loss regimen, which included cleansing, meal planning and supplements. Cheryl immediately cleaned out her diet, increased her vegetables, started choosing lean protein sources and eliminated all the processed food. She also started working out five days a week.

Just nine months later, Cheryl has lost 90 pounds and gone down four dress sizes; which means she is now wearing the size she wore in high school! She feels fabulous and is grateful to all the support she received from her coach and her family who believed in her from day one.

Colleen's advice to others is: “There are millions of reasons not to change your lifestyle, but there are a million reasons why you should. Make the reasons why you should your priority.”

HEALTHY PANTRY

Sugar & Sweetener Guide

<p>Natural Sugars found in food</p> <p> OK in small quantities</p>	<p><u>Sucrose</u> (Glucose + Fructose, table sugar) <u>Glucose</u> (Dextrose) <u>Fructose</u> (fruit) <u>Lactose</u> (Glucose + Galactose) (milk, dairy) <u>Maltose</u> (Glucose + glucose, Barley Malt)</p>
<p>Natural Zero Calorie Sweeteners</p> <p> OK in small quantities</p>	<p>Stevia: Contain little or no calories, zero glycemic index, harmless to teeth and can have an aftertaste.</p>
<p>Sugar Alcohols</p> <p> OK in small quantities</p>	<p><u>Xylitol, glycerol, sorbitol, maltitol, mannitol and erythritol.</u> Naturally occurring carbohydrates found in small amounts in plants & cereals. They are incompletely absorbed from your small intestine, so they provide fewer calories.</p>
<p>Modified Sugars</p> <p></p>	<p>High Fructose Corn Syrup, Caramel,</p>
<p>Artificial Sweeteners</p> <p></p>	<p>Aspartame, Sucralose (Splenda), Saccharin, Neotame & Acesulfame K. Manufactured Chlorinated Sugars</p>

ASK THE NUTRITIONIST

Q: Is fruit juice healthy?

Fruit juice is often perceived as healthy, understandably so because of its name.

However fruit juice can contain just as much sugar and calories as a sugary soft drink. In order to make juice, the fiber along with most nutrients, vitamins and minerals, attached to that fiber, are stripped from the actual fruit.

The juice is usually then stored in massive oxygen depleted storage tanks for up to a year before it is packaged. Flavor packs and sugar are also added to compensate for the flavor that is lost during that time.

Bottom line: Fruit juice might be a little more natural in the sense that there may not be as many chemicals added to it, but when given a choice always choose to eat the real fruit. Also remember the American Heart Association recommends keeping your sugar consumption below 24 gr of sugar per day for women and 36 gr of sugar per day for men, regardless of where it comes from.

IN THE KITCHEN WITH DINA

Oatmeal Cookies

{From: *5 Easy Steps to Healthy Cooking*}

Ingredients

- 1 cup chopped pitted dates
- 1 cup chopped walnuts
- 1 cup old fashioned oats & ¾ cup whole wheat pastry flour
- ½ tsp cinnamon, ½ tsp sea salt, ¼ tsp baking soda
- 1 large egg, at room temperature
- ¼ cup pure maple syrup & ¼ cup unsweetened applesauce
- ¼ cup olive oil, 1 tsp vanilla extract

Directions

1. In food processor, combine dates & walnuts and chop until fine.
2. In a large bowl mix oats, flour, cinnamon, salt and baking soda. Stir in date mixture and the rest of the ingredients.
3. Drop by tablespoons onto prepared baking sheet, spacing them 2 inches apart. Bake in preheated oven (350 F) for 20-25 min. Let cool for 2 min and enjoy these naturally sweetened cookies!.

Nutrition (per cookie): Cal:81 cal; Total fat:5 gr; Carbs: 11 gr, Prot: 2 gr, Fiber: 1 gr, Sodium: 60 mg.