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Date:

All About Sugar Workshop

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SIDE EFFECTS YOU NOTICE FROM CONSUMING SUGAR

WHAT CHANGES WILL YOU MAKE?

HOW WILL YOU MAKE THOSE CHANGES?

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ALL ABOUT SUGAR

" Like heroin, cocaine, and caffeine, sugar is an addictive, destructive drug, yet we consume it daily in everything from cigarettes to bread." - William Dufty, author of Sugar Blues.

The average Canadian consumes 26 teaspoons of sugar, the recommended amount is 6 teaspoons per day!

Humans love sweet things! Even before we started refining sugar, we sought out foods with sweet tastes. Sugar is a simple carbohydrate that occurs naturally in foods such as grains, beans, vegetables, and fruits.

When unprocessed sugar contains a variety of vitamins, enzymes, proteins, minerals. Refined table sugar, also called sucrose, is very different. Extracted from either sugar cane or beets, sucrose lacks vitamins, minerals and fibre and this requires more energy from the body to digest.

Sugar qualifies as an addictive substance because 1. Eating even a small amount creates a desire for more. 2. Going cold turkey causes withdrawal symptoms such as headaches, mood swings, cravings and fatigue.

Today sugar can be found in obvious places such as cakes, cookies, and candy. But it can also hide secretly in products such as canned vegetables, baby food, cereals, peanut butter, bread and tomato sauce.

Think about this, you might think going for that oatmeal raisin walnut Clif Bar is a healthy option right? That bar contains 20grams of sugar, 4.8 teaspoons. Compared to a Dunkin Donuts jelly doughnut that contains 15 grams, 3.8 teaspoons.

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THE MANY NAMES OF SUGAR

Brown sugar: consists of sugar crystals contained in a molasses syrup with natural flavour and colour. Some refiners make brown sugar by adding syrup to refined white sugar. It is 91-96% sucrose.

Confectioners sugar, or powdered sugar: consists of finely ground sucrose crystals and mixed with a small amount of cornstarch.

Corn syrup: produced by the action of enzymes and/or acids on cornstarch; the results of splitting starch. The three major types of corn syrup contain 42%, 55%, and 90% fructose, dextrose comprises most of the remainder.

Dextrose, or glucose: also known as corn sugar, it is commercially made from starch by the action of heat and acids, or enzymes. It is sold blended with regular sugar.

High fructose corn syrup (HFCS): A sweetener made from cornstarch the amounts of fructose vary with the manufacturer. An enzyme-linked process increases the fructose content, thus making HFCS sweeter than regular corn syrup.

Honey: an invert sugar formed by an enzyme from nectar gathered by bees. Honey contains fructose, glucose maltose and sucrose.

Invert sugar: a mixture of glucose and fructose. Invert sugar is formed by splitting sucrose in a process called inversion. This sugar prevents the crystalization of cane sugar in candy making.

Lactose or milk sugar: made from whey and skim milk for commercial purpose. It occurs in the milk of mammals. The pharmaceutic industry is a primary user of prepared lactose.

Levulose, or fructose: a commercial sugar made much sweeter than sucrose. Its sweetness depends on its physical form and how it's used in cooking. Fructose, known as fruit sugar, occurs naturally in many fruits.

Raw sugar: consists of coarse, granulated crystals formed from the evaporation of sugar cane juice. Raw sugar contains impurities and cannot be sold in grocery stores due to FDA regulations.

Sorbitol, mannitol, Maltitol and xylitol: are sugar alcohols. They occur naturally in fruits and are produced commercially from sources such as dextrose. Xylitol is a sugar alcohol made from a part of birch trees. Sorbitol and maltitol are about half as sweet as sucrose. Xylitol has a sweetness equal to sucrose.

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THE MANY NAMES OF SUGAR CONTINUED

Sucrose or table sugar: it comes from sugar cane or sugar beets. It consists of two simple sugars, glucose and fructose. It is about 99.9% pure and its sold in either granulated or powdered form.

Turbinado sugar: raw sugar that goes through a refining process to remove impurities and most of the molasses. It is edible if processed under proper conditions, however, some samples in the past contained trace contaminants.

TOP 10 SOURCES OF ADDED SUGAR

1. Soda and energy drinks
2. Cakes cookies
3. Fruit drinks
4. Candy
5. Dairy desserts
6. Tea
7. Ready to eat cereal
8. Sugars and honey
9. Yeast bread
10. Syrups and toppings.

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ARTIFICIAL SWEETENERS

The 5 major categories of artificial sweeteners are

1. Aspartame, sold under the name NutraSweet
2. Saccharin, sold under the name Sweet'N Low
3. Sucralose, sold under the name Splenda
4. Acesulfame k, produced by Hoechst, a German chemical company; widely used in foods, beverages, and pharmaceutical products
5. Neotame, used in diet soft drinks and low-calorie foods

SYMPTOMS ASSOCIATED WITH CONSUMPTION OF ASPARTAME

Headaches	Nausea	Chest pain
Hearing loss	Tinnitus	Insomnia
Blurred vision	Eye problems	Mild to suicidal depression
Memory Loss	Slurred speech	Mood changes
Personality changes	Hyperactivity	Heart arrhythmia
Anxiety attacks	Gastrointestinal disorder	Seizures
Edema or swelling	PMS	Joint pain
Skin lesions	Increased appetite	Menstrual irregularities
Fatigue	Dizziness	Numbness and tingling of extremities

According to the National Cancer Institute, there is no clear evidence that the artificial sweeteners on the market in the United States are related to cancer risk in humans. However, numerous studies performed on laboratory rats have linked aspartame and saccharin to cancer, including a seven-year study conducted by a major nonprofit oncology lab in Italy.[4]

The Center for Science in the Public Interest (CSPI), on the other hand, cautions everyone to avoid aspartame, saccharin, and acesulfame K because they are unsafe when consumed in large amounts or are very poorly tested and not worth the risk. The CSPI lists neotame and sucralose as safe.

Aspartame is of particular concern because it contains phenylalanine (50%), aspartic acid (40%), and methanol (10%), three well-recognized neurotoxins.

Stevia-based sweeteners in the form of Truvia and PureVia have been rapidly replacing aspartame-sweetened products. However, due to health concerns cited in literature,[5] the FDA has not approved the use of whole-leaf Stevia or crude Stevia extracts as food additives. On the other hand, a "no objection" approval on the Generally Recognized as Safe (GRAS) list of additives was given to its extracts known as Truvia, a sweet-tasting compound found in products like Coca-Cola, and Cargill and PureVia, typically found in PepsiCo products. Although Stevia has not retained an official "approval," it is allowed to be marketed and sold as a dietary supplement. The popularity of this product continues to increase because of its zero calorie content and score of zero on the glycemic index. Nevertheless, the use of artificial sweeteners as a substitute for sugar remains a controversial topic and conflicting research remains.

1. Artificial Sweeteners and Other Sugar Substitutes – Mayo Clinic
2. Reported Aspartame Toxicity Effects – Food and Drug Administration, Mark D. Gold
3. Aspartame Promotes Grand Mal Seizures, Say Health Experts – NaturalNews.com, Dani Veracity
4. The Lowdown on Sweet? – *The New York Times*, Melanie Warner
5. Toxicology of Rebaudioside: A Review – Sarah Kobylewski and Curtis D. Eckhert, PhD; UCLA

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YIN FOODS

Yin food:
- Alcohol
- Sugar
- Honey and spices
- Dairy
- Oil

Tropical fruit
- Local fruits, nuts and seeds
- Tofu
- Roots and winter squash
- Beans
- Sea vegetables

YANG FOODS

- Sea salt
- Eggs
- Miso and tamari
- Red meat
- Cheese
- Poultry
- Fish
- Grains

BALANCE

Our body is smart and does what it can to return back to balance. When the body is too yin, it will seek certain yang foods to bring it back to balance. The opposite is also true. People who are too yang look to sugar to make them feel more relaxed and expansive (yin). Salt, meat and lots of starchy food cause a yang condition in the body, which makes people feel tight and tense. It also causes constipation. Sugar has the opposite effect as it temporarily relaxes the body by causing the release of serotonin, the happy hormone. Protein and water imbalances can also cause sugar cravings. When we don't drink enough water, we'll crave sugar. When we eat too much meat (yang), we'll crave sugar to balance it (yin).

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EASY WAYS TO REDUCE SUGAR CONSUMPTION

1. Ditch the fruit juice and sodas
2. Switch to full-fat dairy
3. Avoid sauces (or make them at home from scratch)
4. East savoury breakfasts
5. Cook at home
6. Treat it as a curious experiment

2 weeks- you will start to see a difference in your skin and taste buds
4 weeks - your body will start to detox
6 weeks - your body will recalibrate, appetite will change

If you have children:

1. Swap out sugar-covered cereal with an item that has 5 ingredients or less - and keep sugar under 10g.
2. Focus on whole grains, vegetables, and fruit when packing lunches.
3. Replace sugary sports drinks, soda, and juices with naturally sweetened water, teas or milk.
4. Skip the ice cream and serve icy snacks like homemade fruit sorbets and frozen bananas.
5. Switch out candies, cookies and cake with wholesome snacks and fruits (apples with peanut butter, peaches and plain yoghurt, whole wheat crackers and cheese etc).

HOW CAN YOU CALCULATE YOUR SUGAR CONSUMPTION?

One small cube of sugar is equal to four grams. Grab a box of cereal, a fruit juice, or a box of cookies from your refrigerator or pantry. Find the amount of sugar in grams in this item, and divide that number by four. The number you see is the amount of sugar cubes for just one serving of that item. Most often, we consume more than one serving, and those sugar cubes quickly add up. This method will allow you to see exactly how much sugar you, or the small mouths you may feed, are consuming on a daily basis.

WANT TO LEARN MORE?

1. Recipes for kids: Have fun with healthy eating. Mayo Clinic. 2013.
2. What Is the Feingold Program? The Feingold Association. 2013.
3. Smart Snacking. The Nemours Foundation. 2013.
4. Ways to Enhance Children's Activity & Nutrition. National Heart, Lung, and Blood Institute. 2013.
5. Liquid Candy Report. Center for Science in the Public Interest. 2013.