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BROWARD
County Public Schools

Wellness Newsletter

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Live. Life. Well.

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Hidden Sugars and Sugar Substitutes

The Many Names of Sugar and Sugar Substitutes

If you read food labels closely, it is shocking how many foods marketed as “healthy” contain massive amounts of added sugar. In fact, many foods labeled as “diet,” “low-fat” or “no-fat” simply replace the fat content with sugar or sugar substitutes.

To make it even more complicated, you’re not just looking for the word sugar on the food label. There are at least 61 different names for sugar on food labels depending on the specific type of sugar used. To steer clear of the most common ones, look for and avoid:

Monitor Your Diet and Complete a Meal Planner

Focus on gradually improving your diet, with each week building on the previous week’s progress.



Can’t Fight the Craving? Choose a Healthier Alternative

These sweetener options are healthier than table sugar, but they can still derail your diet. Be careful not to overdo them:



Honey is an all-natural sweetener with a wide array of vitamins, minerals, amino acids and antioxidants. Try it as a marinade, as a sauce or in tea. To swap sugar for honey in a recipe, simply use the same amount of honey as you would sugar.

Stevia is a low-calorie sweetener that comes from a plant native to Paraguay and Brazil. It is 200 times sweeter than table sugar, so a little goes a long way. Experiment until you find the right sweet spot for you.

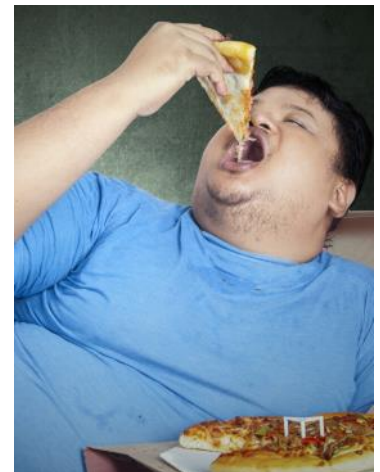



Impact of Sugar on Your Health

Health Risks Aren't So Sweet

Most people know that North Americans eat far more than the recommended daily dose of sugar, which is up to 20 grams per day for women and up to 36 grams per day for men. In fact, the average person consumes about 66 grams of added sugar per day – That adds up to about 53 pounds of extra sugar every year. What are the effects of all those extra sweets?

Symptom	Why
Irritability and low energy levels	Sugar causes your glucose levels to spike and plummet, which can lead to mood swings, fatigue and headaches.
Gum disease and tooth decay	Sugar causes tooth decay efficiently than any other food. Another no-so-fun fact: gum disease can increase your risk of heart disease. Remember to brush at least twice per day.
Obesity, heart disease and diabetes	Added weight and general poor nutrition greatly increase your risk factor for these and other diseases.
Cognitive decline and dementia	Long-term, high-sugar diets have been shown to impair memory and increase risk of cognitive issues, such as dementia.
Accelerated aging	When sugar enters your bloodstream, it attaches itself to proteins, causing your skin to lose elasticity and become more wrinkled and saggy.





Eating Healthy on a Budget

Eat Healthy without Breaking Your Budget

It is an unfortunate truth that eating healthy can sometimes be more expensive than eating junk food. Ten pizzas for \$10 can seem like a better deal than spending the same amount (or a little more) on a whole wheat crust, low-fat cheese and fresh veggie toppings, at least until you compare the nutrition information.

However, eating healthy doesn't have to cost an arm and a leg. Here are four ways to sustainably and dramatically reduce your sugar intake without spending a lot of extra cash:

Eat breakfast

Start your day off with something inexpensive, delicious and low in sugar, such as honey-sweetened oatmeal or eggs and toast, to feel full until lunchtime and reduce unnecessary snacking.

Drink water

Save money and calories by skipping nutrition-free sodas and artificial juices. Even 100% fruit drinks often rival soda for sugar content, as do many teas and flavored waters.

Buy unsweetened foods

Reduce your spending on costly dessert items and snacks by making sure you only purchase items without added sugar.

Look for savings on in-season fruits and vegetables

This is also a great way to try new foods and expand your palate.





April Recipe

Spicy Buffalo Chicken Wraps

Easy to make and full of flavor.

Total Time (Cook & Prep): 30 minutes

Servings: 4

INGREDIENTS

- 3 cups reduced-sodium chicken broth
- 1-pound boneless, skinless chicken breast
- 4 wedges creamy queso fresco chipotle (The Laughing Cow® brand or a like product)
- 6 ounces non-fat plain Greek yogurt
- ¼ cup buffalo sauce
- 1 cup diced celery
- 1/8 teaspoon salt
- ¼ teaspoon black pepper
- Whole wheat tortillas
- 4 cups romaine lettuce
- 1 cup diced tomato
- ¼ cup thinly sliced red onion



NUTRITION INFO *(per serving)*

335 calories

10 g fat

10 mg cholesterol

1560 mg sodium


29 g carbohydrates

16 g fiber

43 g protein

INSTRUCTIONS

1. Add the chicken broth and chicken to a sauce pan over medium heat, then cover and bring to a boil.
2. Reduce heat to medium-low and simmer for 10-12 minutes or until chicken is cooked through.
3. Drain the liquid from the chicken and shred it after it cools.
4. In a mixing bowl, coat the shredded chicken with the yogurt, buffalo sauce, celery, salt and pepper. Set the bowl aside.
5. Warm each side of the tortillas in a skillet, then spread half a wedge of cheese on each tortilla.
6. Place a ½ cup of the chicken mixture in each tortilla and top with ½ cup lettuce, 1/3 cup tomato and 1 tablespoon of red onion.
7. Roll up the tortillas and serve with additional buffalo sauce for dipping, if desired.



The Many Names of Sugar and Sugar Substitutes

Sugar by any other name is still bad for your health. Read food labels and steer clear of ingredients that indicate added sugars and sugar substitutes:

- High fructose corn syrup (yes, it's just as bad for you as you've heard)
- Sucrose
- Aspartame
- Saccharin
- Molasses
- Cane juice
- Sucrose
- Agave nectar
- Barley malt
- Dextrose
- Maltose
- Glucose
- Maltodextrin
- Rice syrup
- Sorghum syrup

Instead consider these 8 Natural Substitutes for Sugar: Stevia, Xylitol, Erythritol, Yacon Syrup, Coconut Sugar, Honey, Maple Syrup, and Molasses.

APRIL IS STRESS AWARENESS MONTH



Take time to unwind

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate. Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stress, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's conflict. Also, remember that exercise is an excellent stress reliever. Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Enjoy a cup of herbal tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Participate in yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Source: Federal Occupational Health:
<https://foh.psc.gov/calendar/stress.html>



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