

How sweet life is!



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Future You Nutrition



Sugar Consumption

- 1 gram = $\frac{1}{4}$ tsp sugar || 4 g = 1 tsp
- Men should consume no more than 9 teaspoons (36 grams or 150 calories) of added sugar per day.
- Women should consume no more than 6 teaspoons (25 grams or 100 calories) of added sugar per day.
- So what happens when you eat simple sugars?
 - Its used immediately for energy
 - OR
 - Sent in the liver for fat storage
- The average American consumes more than 17 teaspoons of added sugar each day, according to the American Heart Association (AHA).

Added Sugar



- Added sugar is usually a mixture of simple sugars such as sucrose, glucose, or fructose. Other types, such as galactose, lactose, and maltose, are less common.
- Glucose and fructose — even though they're very common and often found together — may have different effects on your body. Glucose can be metabolized by nearly every cell in your body, while fructose is metabolized almost entirely in the liver.
- Studies have repeatedly demonstrated the harmful effects of high sugar consumption, such as insulin resistance, metabolic syndrome, fatty liver disease (NAFLD), and type 2 diabetes.

What's in a name?



- High Fructose Corn Syrup - It's produced from corn starch via an industrial process. It consists of both fructose and glucose.
 - The two most common varieties used in foods and beverages are:
 - **HFCS 55.** This is the most common type of HFCS. It contains 55% fructose, nearly 45% glucose, and water.
 - **HFCS 42.** This form contains 42% fructose, and the remainder is glucose and water.
- Agave nectar (agave syrup)
 - produced from the agave plant.
 - commonly used as a “healthy” alternative to sugar.
 - contains about 70–90% fructose and 10–30% glucose.

Other sugars with glucose and fructose



Most added sugars and sweeteners contain both glucose and fructose.

- beet sugar
- blackstrap molasses
- brown sugar
- buttered syrup
- cane juice crystals
- cane sugar
- caramel
- carob syrup
- castor sugar
- coconut sugar
- confectioner's sugar
- date sugar
- demerara sugar
- Florida crystals
- fruit juice
- fruit juice concentrate
- golden sugar
- golden syrup
- grape sugar
- honey
- icing sugar
- invert sugar
- maple syrup
- molasses
- muscovado sugar
- panela sugar
- rapadura
- raw sugar
- refiner's syrup
- sorghum syrup
- sucanat
- treacle sugar
- turbinado sugar
- yellow sugar

Sugars with glucose

- barley malt
- [brown rice syrup](#)
- corn syrup
- corn syrup solids
- dextrin
- dextrose
- diastatic malt
- ethyl maltol
- glucose
- glucose solids
- lactose
- malt syrup
- maltodextrin
- [maltose](#)
- rice syrup



Healthy Halos

- Flavored Yogurt
- Açai Bowls
- Oat Milk
- Store-Bought Smoothies
- 100 Calorie Packs
- Organic Fruit Juice
- Protein Bars
- Many Brands of Wheat Bread
- Oatmeal Packets
- Granola
- Pasta Sauce
- Sports Drinks and Electrolyte Beverages



Let's look at some common products



Ingredients

TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICE, CARAMEL COLOR, MOLASSES, SODIUM BENZOATE (PRESERVATIVE), GARLIC,* MUSTARD FLOUR, CORN SYRUP, SUGAR, TAMARIND, NATURAL FLAVOR, CELERY SEED. *DRIED.

INGREDIENTS: MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE, SKIM MILK, LACTOSE, MILKFAT, SOY LECITHIN), SKIM MILK FLAVOR

Ingredients

PROTEIN GRAIN BLEND (ROLLED OATS*, SOY PROTEIN ISOLATE, RICE FLOUR*, ROASTED SOYBEANS*, SOY FLOUR*), BROWN RICE SYRUP*, CANE SUGAR*, CHICORY FIBER SYRUP, SUNFLOWER AND/OR SOYBEAN OIL, VEGETABLE GLYCERIN, PALM KERNEL OIL, PALM KERNEL SOLIDS*, SOY FLOUR*, NATURAL FLAVORS, LEMON JUICE CONCENTRATE*, GLUCOSE SYRUP*, SOY LECITHIN*, CITRIC ACID, SALT, PECTIN, SODIUM BICARBONATE.



*ORGANIC INGREDIENT

A comparison of “bars”



Peanut Butter Dark Chocolate Kind Bar	Peanut Butter Breakfast Bars	Snickers Bar	Nature Valley Granola Bar
<p>Calories: 200 Total Fat: 14g Saturated Fat: 4g Trans Fat: 0g Polyunsaturated Fat: 2.5g Monounsaturated Fat: 6g Cholesterol: 0mg Sodium: 20mg Total Carbohydrate: 17g Dietary Fiber: 3g Total Sugars: 9g Includes 8g Added Sugars Protein: 7g</p>	<p>Calories: 220 Total Fat: 10g Saturated Fat: 1.5g Trans Fat: 0g Polyunsaturated Fat: 2g Monounsaturated Fat: 6g Cholesterol: 0mg Sodium: 135mg Total Carbohydrate: 29g Dietary Fiber: 3g Total Sugars: 9g Includes 6g Added Sugars Protein: 5g</p>	<p>Calories: 250 Total Fat: 12 g Saturated Fat: 4.5 g Trans Fat: Cholesterol: <5 mg Sodium: 125 mg Total Carbohydrate: 32 g Dietary Fiber: 1 g Total Sugars: 28 g Includes Added Sugars: 6 g Protein: 4 g</p>	<p>Calories: 190 Total Fat 7g Saturated Fat 1g Trans Fat 0g Cholesterol: 0mg Sodium: 140mg Total Carbohydrate: 29g Dietary Fiber: 2g Total Sugars: 11g Incl. Added Sugars: 11g Protein: 3g</p>
<p>Peanuts, glucose syrup, sugar, honey, palm kernel oil, almonds, peanut butter (peanuts, sea salt), soy protein isolate, unsweetened chocolate, alkalized cocoa, chicory root fiber, soy lecithin, tapioca starch, sea salt, natural flavor, cocoa butter.</p>	<p>Oats, tapioca syrup, peanuts, brown rice flour, cane sugar, peanut butter (peanuts, sea salt), canola oil, raisin paste, peanut oil, peanut flour, millet, sea salt, buckwheat, amaranth, quinoa, honey, Vitamin E (tocopherols to maintain freshness).</p>	<p>Milk Chocolate (Sugar, cocoa butter, chocolate, skim milk, lactose, milkfat, soy lecithin) Peanuts, corn syrup, sugar, palm oil, skim milk, lactose, salt, egg whites, artificial flavor</p>	<p>Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.</p>

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Sources

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