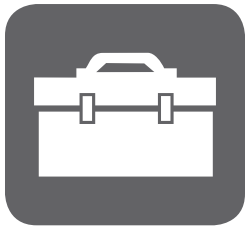


TOOLBOX TALKS



Quarter:

**SUGARY
DRINKS**

Talk Number:

1

**Too Much
Sugar Isn't
So Sweet for
your Health**

Toolbox Talk #1:

Too Much Sugar Isn't So Sweet for your Health

Many people consume more sugar than they realize. It's important to be aware of how much sugar you consume because our bodies don't need sugar to function properly. Added sugars contribute zero nutrients but many added calories that can lead to extra pounds or even obesity, thereby reducing heart health.

There are two types of sugars in American diets: naturally occurring sugars and added sugars.

1. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).
2. Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as putting sugar in your coffee or adding sugar to your cereal). Added sugars (or added sweeteners) can include natural sugars such as white sugar, brown sugar and honey as well as other caloric sweeteners that are chemically manufactured (such as high fructose corn syrup).

How Much is Just Right?

The American Heart Association (AHA) recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons. There are four calories in one gram of sugar, so if a product has 15 grams of sugar per serving, that's 60 calories just from the sugar alone.

For reference, a typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.

Think of your daily energy need as a budget. You'd organize a real budget with "essentials" (things like rent and utilities) and "extras" (such as vacation and entertainment). In a daily calorie budget, the essentials are the minimum number of calories you need to meet your nutrient needs.

continues



American Heart Association®

Hard Hats with Heart™

TOOLBOX TALKS



Quarter:

**SUGARY
DRINKS**

Talk Number:

1

**Too Much
Sugar Isn't
So Sweet for
your Health**

How to Find Sugar:

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar, as well as most ingredients ending with the letters "ose" (like fructose and dextrose).

How to Replace Sugar:

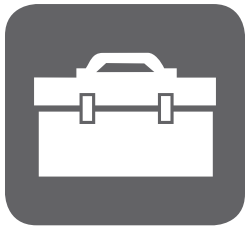
- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Cut back on the amount of sugar you add to things you eat or drink often.
- Buy 100% juice with no added sugars.
- Enhance foods with spices – try cinnamon, nutmeg or ginger.
- Add fresh or dried fruit to cereal and oatmeal.
- Drink sparkling water, unsweetened tea or sugar-free beverages.



American Heart Association®

Hard Hats with Heart™

TOOLBOX TALKS



Quarter:

SUGARY DRINKS

Talk Number:

2

Sneaky Sugar

Toolbox Talk #2: Sneaky Sugar

Finding Added Sugars in Food

Unfortunately, you can't tell easily by looking at the nutrition facts panel of a food if it contains added sugars. The line for "sugars" includes both added and natural sugars.

Naturally occurring sugars are found in milk (lactose) and fruit (fructose). Any product that contains milk (such as yogurt, milk or cream) or fruit (fresh, dried) contains some natural sugars.

Reading the ingredient list on a processed food's label can tell you if the product contains added sugars, just not the exact amount if the product also contains natural sugars.

Names for added sugars on labels include:

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Syrup
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)

Furthermore, some labels include terms related to sugars.

Here are some common terms and their meanings:

- **Sugar-Free** – less than 0.5 g of sugar per serving
- **Reduced Sugar or Less Sugar** – at least 25 percent less sugars per serving compared to a standard serving size of the traditional variety
- **No Added Sugars or Without Added Sugars** – no sugars or sugar-containing ingredient such as juice or dry fruit is added during processing
- **Low Sugar** – not defined or allowed as a claim on food labels

Keep in mind that if the product has no fruit or milk products in the ingredients, all of the sugars in the food are from added sugars. If the product contains fruit or milk products, the total sugar per serving listed on the label will include added and naturally occurring sugars.

Although sugars are not harmful in small amounts to the body, our bodies don't need sugars to function properly. Added sugars contribute additional calories and zero nutrients to food.

Over the past 30 years, Americans have steadily consumed more and more added sugars in their diets, which has contributed to the obesity epidemic. Reducing the amount of added sugars we eat cuts calories and can help you improve your heart health and control your weight.



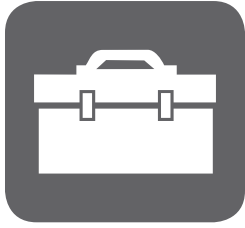
American Heart Association®

Hard Hats with Heart™



PAGE **3**

TOOLBOX TALKS



Quarter:

**SUGARY
DRINKS**

Talk Number:

3

**Healthy
Kids are Sweet
Enough**

Toolbox Talk #3: Healthy Kids are Sweet Enough

How to keep your kids and teens sugar healthy

Kids age 2–18 should have less than 25 grams or 6 teaspoons of added sugar daily for a healthy heart. The typical American child eats about triple the recommended amount of added sugars, half from food and half from drinks.

It takes the whole family to stay healthy, share these easy swaps/tips with your family to keep everyone within healthy sugar limits!

Baking and Cooking: Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too – adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.

Desserts and Sweets: Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.

Dressings and Sauces: Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce – which can have a lot of added sugars – for homemade versions so you can control the amount of sugar added to them.

Snack Mix and Granola: Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) – and skip the candy!

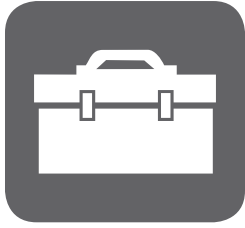
Soda/Soft Drinks: Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.

Tea and Coffee: Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



American Heart Association®

Hard Hats with Heart™



Quarter:

**SUGARY
DRINKS**

Talk Number:

4

**Artificial
Sweeteners
in the Real
World**

Toolbox Talk #4:

Artificial Sweeteners in the Real World

Got a sweet tooth? Here's the scoop on artificial sweeteners or "Non-Nutritive Sweeteners" as we call them

The AHA strongly recommends limiting added sugars. Too much sugar can lead to weight gain, and those extra pounds can lead to a string of health problems. In addition to obesity, it can increase triglyceride levels, a risk factor for heart disease.

Not only are foods and drinks that are high in added sugars generally high in calories and low in nutritional value, they also take the place of more nutritious foods. For example, reaching for a regular soda instead of low-fat or non-fat milk.

The American Heart Association labels low-calorie sweeteners, artificial sweeteners, and noncaloric sweeteners as non-nutritive sweeteners (NNSs), since they offer no nutritional benefits such as vitamins and minerals. They may be low in calories or have no calories, depending upon the brand.

The FDA has given the label "Generally Recognized as Safe", to five* NNSs:

1. Aspartame (NutraSweet® and Equal®)
 2. Acesulfame-K (Sweet One®)
 3. Neotame
 4. Saccharin (Sweet'N Low®)
 5. Sucralose (Splenda®)
- *Stevia (Truvia® and PureVia®) doesn't have a GRAS distinction, but that doesn't mean it's dangerous (it just means there isn't enough evidence yet either way).*

Replacing sugary foods and drinks with sugar-free options containing NNSs is one way to limit calories and achieve or maintain a healthy weight. Also, when used to replace food and drinks with added sugars, it can help people with diabetes manage blood glucose levels. For example, swapping a full-calorie soda with diet soda is one way of not increasing blood glucose levels while satisfying a sweet tooth.

As you make healthy choices throughout your day, choose foods and beverages that are high in nutrients and low in saturated and trans fats and added sugars. Keep in mind that just because a product is "sugar free," it doesn't always mean that it's healthy.

Foods and beverages that contain NNSs can be included in a healthy diet, as long as the calories they save you are not added back by using foods as a reward later in the day, adding calories that take you over your daily limit.

