FIT FOR LIFE...

IDEAS FOR HEALTHY LIVING –

HEALTHY EATING...HEALTHFUL LIVING

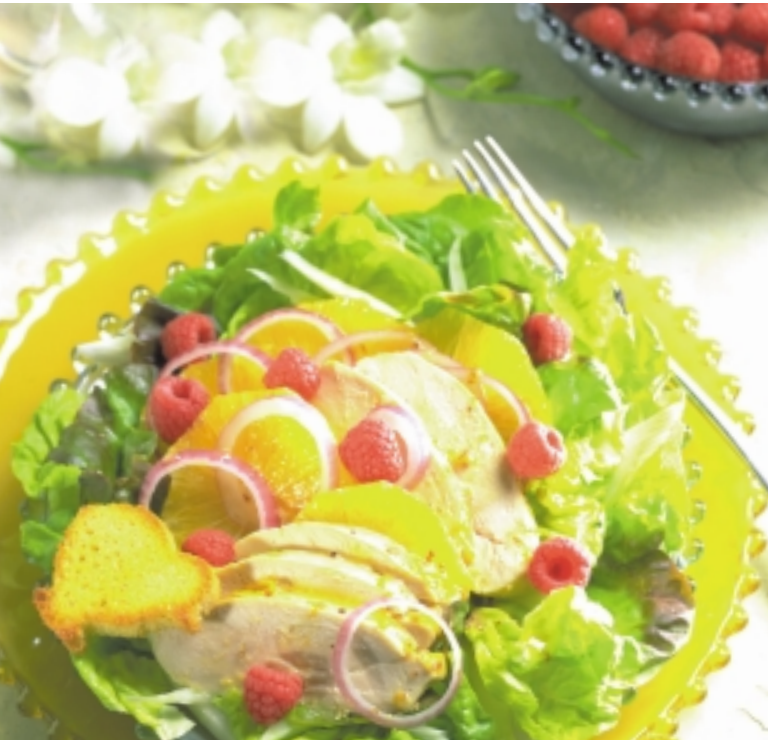
A healthy and pleasurable lifestyle means treating ourselves with loving care. Just as we enjoy the first warm breeze of spring or the first snowflakes of winter, we enjoy other pleasures, including eating our favorite foods and sharing good times around the table with family and friends.

Eating for a healthful lifestyle means enjoying all foods within the context of a balanced, sensible and delicious diet. A balanced eating plan includes a variety of foods, in the right portion sizes to provide the calories and nutrition the body needs to look and feel its best

Regular physical activity is another essential ingredient in a healthy lifestyle. As with eating, moderation is best. A "weekend warrior" who exercises only on Saturdays and Sundays receives far less benefit than a person enjoying a moderate amount of physical activity on most days of the week. When you eat sensibly and are physically active, you feel good and can enjoy all that life has to offer. Done right, you can increase your pleasure and increase your health.

This brochure will show you how enjoyment of food, healthful eating and physical activity go hand in hand.

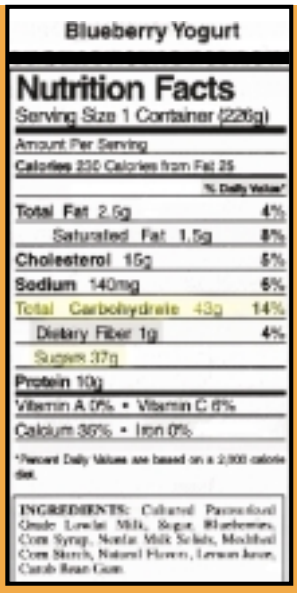
Go ahead...Be good to yourself...Read on.....



IT'S ALL IN THE LABEL

Arm yourself with the information you need to make informed food choices.

One of the best tools for a healthy lifestyle is sitting right in your kitchen cupboard and on the supermarket shelves – the food labels. The Nutrition Facts panel and Ingredient label printed on all food packages can help you choose foods wisely.



Blueberry Yogurt

Nutrition Facts

Serving Size 1 Container (226g)

Amount Per Serving

Calories 230 Calories from Fat 25

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15g	5%
Sodium 140mg	6%
Total Carbohydrate 43g	14%
Dietary Fiber 1g	4%
Sugars 37g	
Protein 10g	

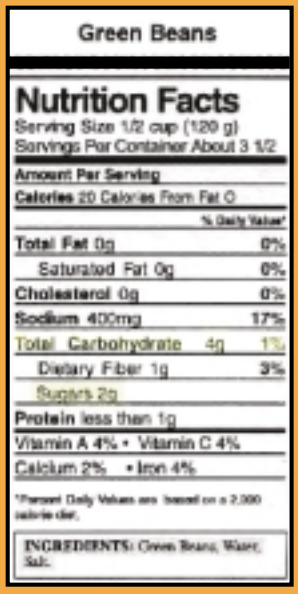
Vitamin A 0% • Vitamin C 6%

Calcium 35% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Cultured Pasteurized Grade Lowfat Milk, Sugar, Blueberries, Corn Syrup, Nonfat Milk Solids, Modified Corn Starch, Natural Flavor, Lemon Juice, Carob Bean Gum.

The Nutrition Facts panel contains information on the nutrients with confirmed links to health. Look here for information on serving size, calories, fat grams, calcium content and other nutrients. The Nutrition Facts panel helps you compare different brands of the same food. For example, when choosing cans of soup, the nutrition facts tell you the one with the least fat, the most fiber, or an appropriate amount of other key vitamins, minerals, and other nutrients.



Green Beans

Nutrition Facts

Serving Size 1/2 cup (120 g)

Servings Per Container About 3 1/2

Amount Per Serving

Calories 20 Calories From Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 400mg	17%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 2g	
Protein less than 1g	

Vitamin A 4% • Vitamin C 4%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Green Beans, Water, Salt.

The term "Total Carbohydrates" refers to the total amount of carbohydrate in a single serving. The term "sugars" includes all forms of caloric sweeteners, including sugar (sucrose).

The Ingredient panel lists all ingredients in a food, from highest to lowest amount. When sugar appears on the ingredient list of a non-sweet food, it is there to enhance the flavor of that food by balancing out other ingredients. If a food boasts "no added sugar," read the ingredient list carefully. You may be surprised that a food with a "no added sugar" claim has the same nutrients as a similar food without such a claim. Some products even claim to be healthier because they are sweetened with fruit juice, not sugar. While it may sound healthy, these juice concentrates offer no health benefit or calorie savings.

Look at the entire nutrition picture when you choose foods. The total nutrient package is what matters.

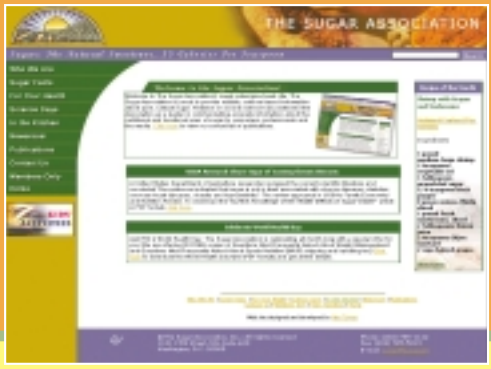
WHAT'S EATING YOU?

Our attitudes and behaviors about food are just as important as what we choose to eat. Having a healthy relationship with food means feeling good about food, eating to satisfy hunger rather than emotions and enjoying eating as part of overall health and well-being.

When food is connected to our emotions, it can trigger overeating. Happy occasions, sad times and stressful situations can lead to overindulgence and weight problems. Unfortunately, many people turn to food as a way to deal with the emotions and stresses in their lives. More often than not, individuals who are overweight or obese are also having problems in other areas of their lives. It is not surprising that people use eating to relieve stress and anxiety and to soothe bad feelings. When it's not what you're eating, but what's eating you, people can make poor diet choices that make a nutritionally balanced diet almost impossible.

Eating well is important to improve your health and help you feel better. Regular physical activity, in combination with a healthful diet, not only improves overall health but it is a great stress reliever. Besides, when you feel your best, you have the energy and stamina to get through your busy day.

An unhealthy relationship with food is complex and serious. For more information, visit our website and seek advice from your health care professional.



WWW.SUGARSAVVY.ORG

ARE YOU REALLY HUNGRY?

The next time you feel an uncontrollable urge to eat, stop and think for a moment. Are you really hungry? Or is something else bothering you? Would a different activity – a walk, listening to music, taking a warm bath, talking to a friend, meditation – make you feel better? What else could you do other than eat?

MODERN HEALTH ISSUES: OBESITY

Overweight and obesity have become major health problems in the U.S. Being overweight increases the chances of becoming obese and developing diseases like diabetes, heart disease and high blood pressure.

According to the Surgeon General of the United States[1], obesity is caused by two factors:

- Eating more calories than your body needs
- Not expending enough calories through daily physical activity

According to the U.S. Department of Agriculture[2], obesity is not caused by eating sugar. Other scientific studies[3,4] also verify there is no link between sugar and increased rates of obesity.

"With the health problem of obesity skyrocketing in this country, it is more important than ever that we correct all nutrition misperceptions that truly may be contributing to this complicated issue. We need to stop pointing to specific food ingredients as the cause of health problems."
– Kristine Clark, Ph.D., R.D., FACSM, Director of Sports Nutrition for Penn State University's Athletic Department

The road to weight loss involves eating fewer calories and increasing physical activity. Few Americans follow the Surgeon General's recommendation to get a minimum of 30 minutes of moderate physical activity, like cycling, walking, jogging or swimming, at least three days a week. Be Active America! (www.beactiveamerica.org) is an example of a community-based grassroots organization that encourages and empowers individuals, families, organizations and communities to participate in, promote and support physical activity. To see how this initiative would work in your community visit Be Active North Carolina! at www.beactivenc.org.

TAKE CHARGE OF YOUR WEIGHT AND HEALTH:

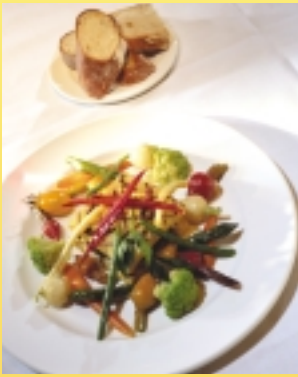
- **Gather support** from co-workers for a physical activity policy and benefits.
- Request that cafeterias at work and school offer **more healthful options**.
- Insist your school district put **physical education** back in the school day.
- **Turn off the TV and computer games**. Be more active physically with family and friends.
- **Eat healthful balanced** meals.

1. U.S. Department of Health and Human Services, "The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001."
2. Family Economic and Nutrition Review, "Current Knowledge of the Health Effects of Sugar," Anne L. Mardis, MD, MPH, Center for Nutrition Policy and Promotion, USDA, December 2001, Vol. 13 No. 1
3. World Health Organization, "Obesity: Preventing and Managing the Global Epidemic," WHO Technical Report Series 894
4. International Journal of Obesity, "Randomized controlled trial of changes in dietary carbohydrate/fat ratio and simple vs. complex carbohydrates on body weight and blood lipids: the CARMEN study", Macmillian Publishing Ltd. 2000 24, 1310-1318

THE SUGAR STORY

WHAT IT IS

Sugar has been on our tables and in our consciousness nearly 10,000 years before Romeo met Juliet or Columbus helped open a New World. Sugar has created empires, toppled careers, launched military campaigns, powered economies and been the ingredient for love around the world. So what is sugar; why is it so misunderstood and why does it remain such an important part of our lives?



Sugar is grown from the earth and nourished by the sun, soil and American family farmers who love the land and have tended crops for generations. And, sugar is the same carbohydrate that is part of an apple, pear, a potato or rice. While your taste buds and eyes may know the difference, your body does not and handles table sugar the same way it does the sucrose contained in any fruit or vegetable.

In the 1980's, many new forms of sweeteners were developed for use in sweetened drinks and other foods. These include high fructose corn syrup, fructose and other corn-based products.

Collectively, these new forms of sweeteners are called "sugars." This causes a lot of confusion. The media and many expert spokespersons mistakenly refer to all caloric sweeteners as sugar instead of sugars. In reality, "sugar" is the one and only sucrose.

A food can be high in sugarS but have NO sugar!

CALORIE CONTENT

A teaspoon of sugar has 15 calories! Not 100… Not 200 and Not 500 as many Americans said when surveyed.

COMPARISON TO ARTIFICIAL SWEETENERS

Sugar is natural, grown from the earth and not in a laboratory. Artificial sweeteners cannot do what sugar does. In fact, sweetness is the only property that artificial sweeteners share with sugar. Sugar contributes to and enhances flavor, aroma, texture, mouth feel, body, and browning; it balances flavor; it preserves foods and provides necessary moisture to help keep foods fresh. Artificial sweeteners are no match for sugar!

HOW IT IS USED

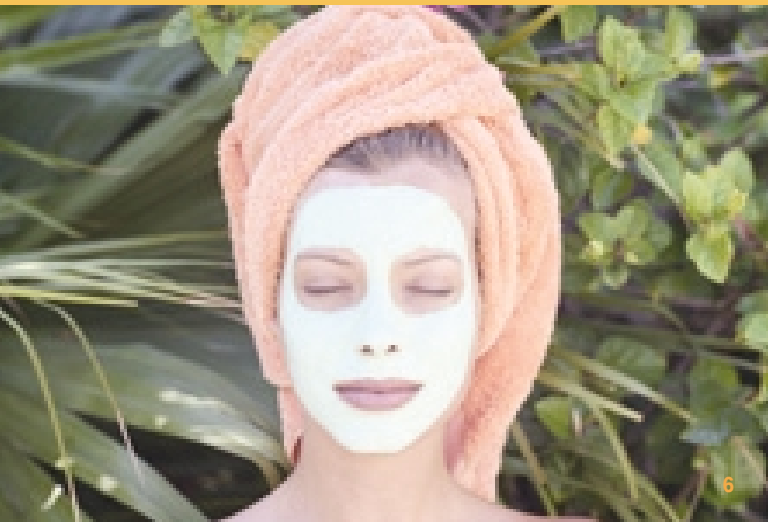
Sugar is more than just a sweetener:

- **Sugar helps bread rise** by "feeding" the yeast required in bread making.
- **Sugar is responsible for the even browning of baked goods.**
- In jams and jellies, sugar helps **prevent yeasts and molds from growing** once the jar has been opened and exposed to air.
- Frozen and canned fruits **keep their vibrant color** with the help of sugar syrups that reduce oxidation and browning.
- **Sugar contributes body and texture** to ice cream, beverages, baked goods, and other products. The smoothness of ice cream and sorbet is the work of sugar – it blocks large ice crystals from forming.
- Condiments like salad dressing and ketchup need a little sugar to **offset their acidity and balance their flavor**.

NON-FOOD USES OF SUGAR

Sugar has a surprising number of non-food uses. The pharmaceutical industry adds sugar to hold ingredients together and prevent chipping in tablets, and as part of time-release coatings on medications. Sugar has been used to help heal stubborn wounds – doctors think that it may prevent harmful bacteria from growing, as well as provide nutrition for damaged tissues.

It may surprise you that sugar is used in beauty products. It is used in products to exfoliate skin, adding beauty and softness.



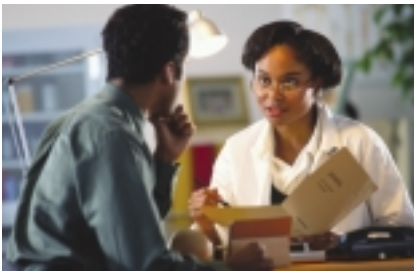
MODERN HEALTH ISSUES: DIABETES

Despite popular myth, eating sugar does not cause diabetes, according to the American Diabetes Association[1]. The dramatic increase in obesity in the U.S. is the reason more and more adults are being told they have diabetes. Children too are developing diabetes because a growing number of children are overweight and inactive. Approximately 16 million Americans have diabetes, and about one-third don't even know it until they visit a doctor for another reason[2].

- *African Americans and Hispanics are at increased risk for diabetes.*
- *People with a family history of diabetes need to be tested in addition to eating healthy and engaging in physical activity.*

The type of sugar in blood, glucose, is different from table sugar, sucrose. You might hear some people say that they "have sugar" or "have sugar blood." This does not mean that sucrose is in their blood. It means that their blood glucose is too high or above normal.

Diabetes is a serious disease. When left untreated it causesheart disease, vision problems, kidney disease, loss of feeling and circulation in the feet, damage to blood vessels and the nervous system. But there is hope!



People with diabetes can take action to control their disease by losing weight and getting regular physical activity. This may even help bring blood glucose levels back to normal.

People with diabetes don't have to deprive themselves of good-for-you-foods that also taste good. Sugar can be included in a balanced diet of healthy food choices. It was once thought that eating sugar would make blood glucose go up too quickly. In fact, many other foods cause blood glucose to go up faster than sugar does, and all carbohydrates eventually end up as glucose in the body. That is why the American Diabetes Association says that the total amount of carbohydrate is more important than the type or source.

1. American Diabetes Association, Position Statement Evidence-Based Nutrition Principles for the Treatment and Prevention of Diabetes and Related Complications. Diabetes Care. 2002;25:S50-S60.
2. American Diabetes Association, 2001 Vital Statistics.

SUGAR MYTHS AND TRUTHS

MYTH: Eating too much sugar causes obesity and other diseases.
TRUTH: Sugar consumption does not cause any chronic disease, including obesity, diabetes or heart disease.

MYTH: Sugar is packed with calories.
TRUTH: Sugar contains 15 calories per teaspoon.

MYTH: A calorie from sugar is more fattening than other calories.
TRUTH: Sugar calories are the same as other carbohydrate calories. The body turns all types of carbohydrates into the energy (calories) it needs.

MYTH: You need to give up foods with sugar in order to lose weight.
TRUTH: You can continue to enjoy your favorite sugar-containing foods. No diet that involves denying people reasonable portions of their favorite foods is going to be successful.

MYTH: People with diabetes cannot eat sugar.
TRUTH: Sugar and foods with sugar can be eaten by people with diabetes as part of the total amount of carbohydrate permitted in their diet, according to the American Diabetes Association.

MYTH: Soft drinks and sodas contain a lot of sugar.
TRUTH: There is virtually no sugar in soft drinks. Soft drinks and other fruit drinks are sweetened with high fructose corn syrup.

MYTH: Eating sugar makes children hyperactive.
TRUTH: Sugar is not the cause of hyperactivity. Hyperactivity is a complex disorder that is not caused or worsened by eating sugar.

MYTH: Americans eat 64 pounds of sugar each year.
TRUTH: Americans consume less sugar than reported. Of the total amount that is in the food supply, less than half is actually eaten. Think of it as the difference between gross pay and net pay – part of your salary you never see! [1]

1. "The Real Scoop on Sugar Consumption" by Charles W. Baker, Ph.D., Vice President, Scientific Affairs, The Sugar Association. Available at www.sugarsavvy.org

SATISFYING RECIPES THAT REWARD GOOD TASTE

Portion control is an important strategy for healthful eating. It helps control calories, making it easier to maintain a healthy weight. Try looking at the Nutrition Facts panel for suggested portions of packaged foods and using these handy tips to estimate portions:

- The bulb part of a light bulb = 1 cup serving of vegetables or fruit
- A tennis ball, or your fist = 1 cup portion of rice, pasta, or cereal
- A deck of cards, or a medium palm = 3 ounce portion of meat, poultry, or fish

The “real size” of many foods, for example, cookies or pasta, is very different from the oversized portions that have become so common. Remember, economic value does not equal nutrition and health value.

Flavorful and enjoyable, natural ingredients assist in portion control. When foods taste good, smaller portions quench the appetite and can be highly satiating The delectable recipes on these pages demonstrate that a portion-controlled menu can be satisfying, and delicious!

TOMATO ZUCCHINI PESTO

Serves 4 - 215 calories per serving

6 oz. pasta, uncooked
1 package or 1 cup fresh basil, chopped
1 teaspoon vegetable oil
2 cloves garlic, minced
1 teaspoon sugar
1 tablespoon parmesan cheese, grated
1/4 cup part-skim ricotta cheese
1 medium zucchini, cut in circles
2 teaspoons water
1 cup cherry tomatoes, quartered
1/2 teaspoon salt (optional)

Prepare pasta as directed on the package. Rinse and drain. Cover and set aside. In food processor or a blender, process basil, oil, garlic and sugar. Blend in parmesan and ricotta. Set aside. Place zucchini in large casserole dish and add water. Cover and microwave on high for 4 minutes. Drain. Stir in pasta and cheese mixture. Garnish with tomatoes. Salt to taste.

CHOCOLATE PEPPERMINT COOKIE

Makes 24 cookies

1/2 cup sugar
1/2 cup powdered sugar
1/4 cup light butter
1 teaspoon cold water
1 teaspoon mint extract
1/4 teaspoon salt
1/2 cup all-purpose flour
1/2 cup Dutch-process cocoa

Icing
6 tablespoons powdered sugar
2 teaspoons water
Crushed peppermint candies for garnish (optional)

Preheat oven to 375°F.

Coat 2 sheet pans with baking spray. In large bowl, cream together sugar and butter. Blend in water, mint extract and salt. Stir in flour and cocoa. Dough will be a bit dry and crumbly.

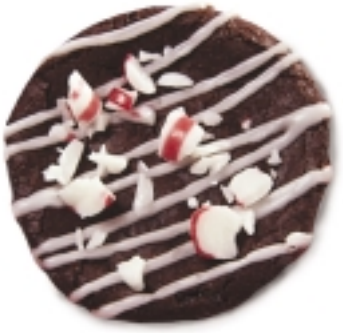
On flat surface, place dough between 2 sheets of plastic wrap; roll out to a thickness of 1/8 inch. Lift off top layer of plastic; cut out cookie shapes using a 2-inch rough cutter. Transfer cookies to prepared sheet pans with a thin metal spatula. Bake 8 minutes in preheated oven, until cookies are puffed and shiny. Transfer cookies to racks to cool completely.

To make icing, in small bowl stir together powered sugar and water. Drizzle or pipe over cookies. While icing is still soft, sprinkle with crushed peppermint, if using.

Nutritional Information, Per Cookie:
58 calories; 11 g carbohydrate; 1 g fat; 0.6 g saturated fat

Tomato Zucchini Pesto

Nutrient Content per Serving	Percentage of Calories
38 grams carbohydrate	70%
3 grams fat	16%
8 grams protein	14%
316 milligrams sodium	*
6 milligrams cholesterol	*
3 grams dietary fiber	*



Cookie Shown Actual Serving Size

Sugar: The Natural Sweetener…
15 Calories Per Teaspoon!

THE SUGAR ASSOCIATION

1101 15TH STREET, NW, SUITE 600
WASHINGTON, DC 20005
202.785.1122 – PHONE
202.785.5019 – FAX
WWW.SUGARSAVVY.ORG