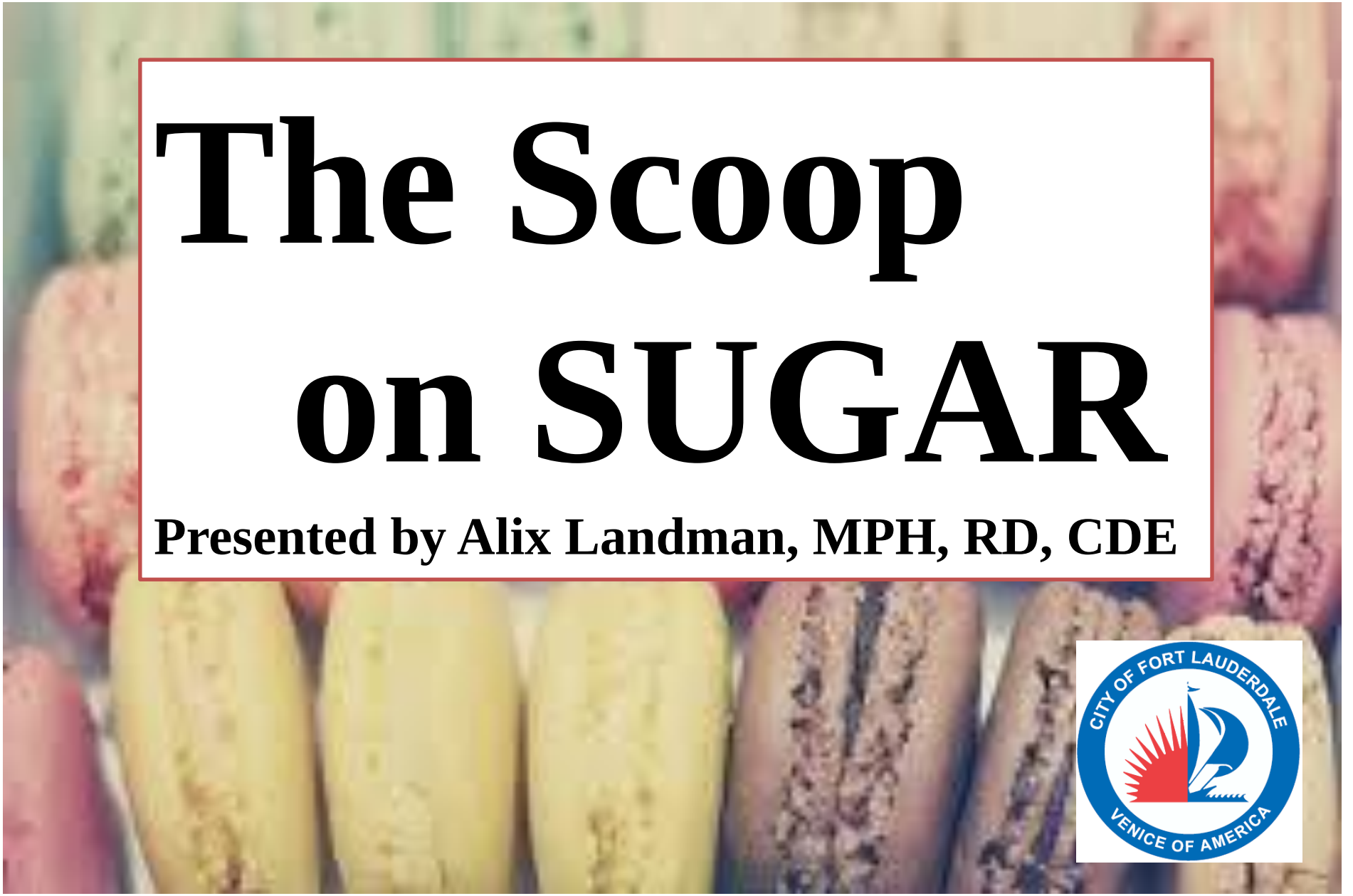
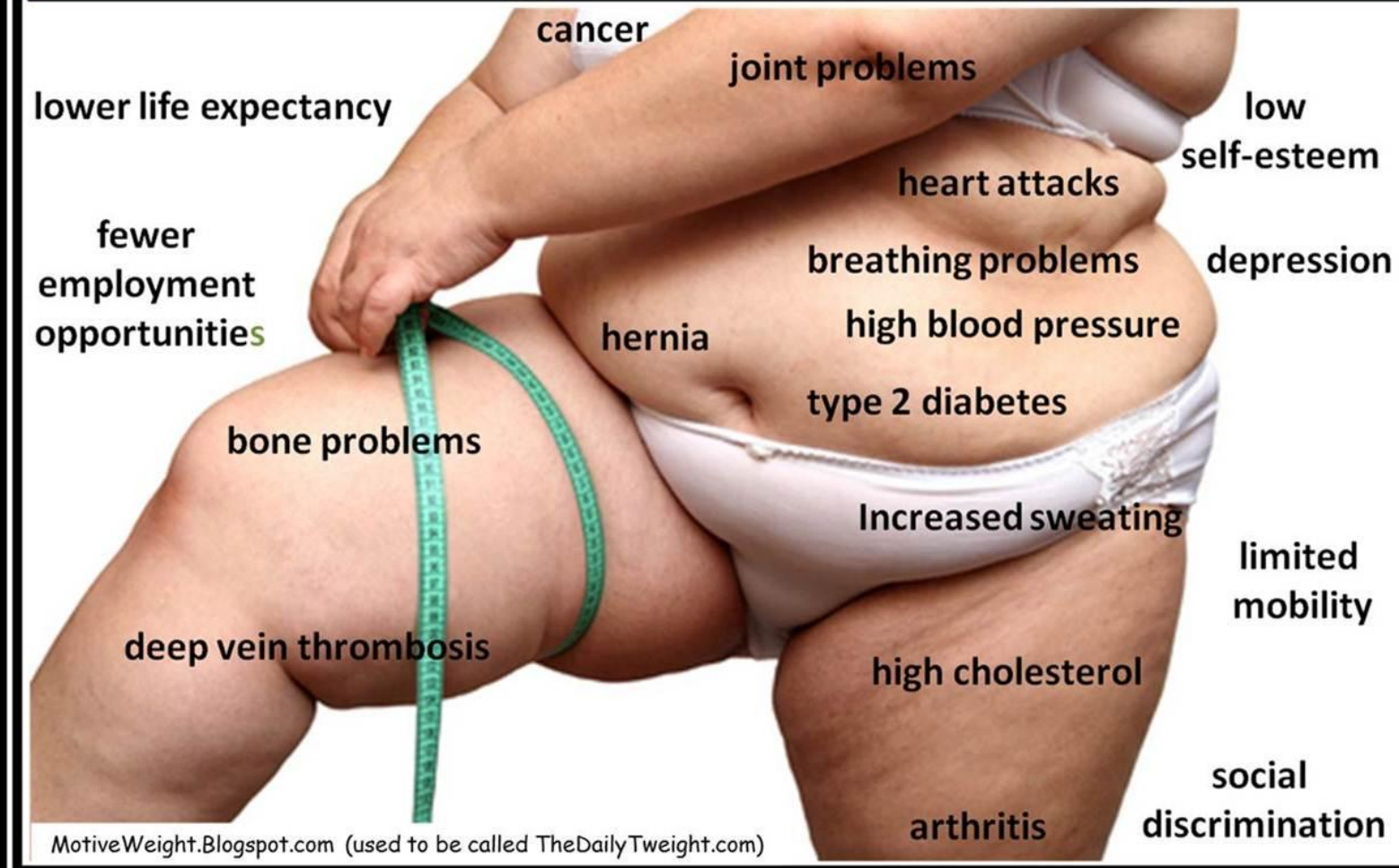


The Scoop on SUGAR

Presented by Alix Landman, MPH, RD, CDE

The Negative Effects of Obesity on Your Health and Your life

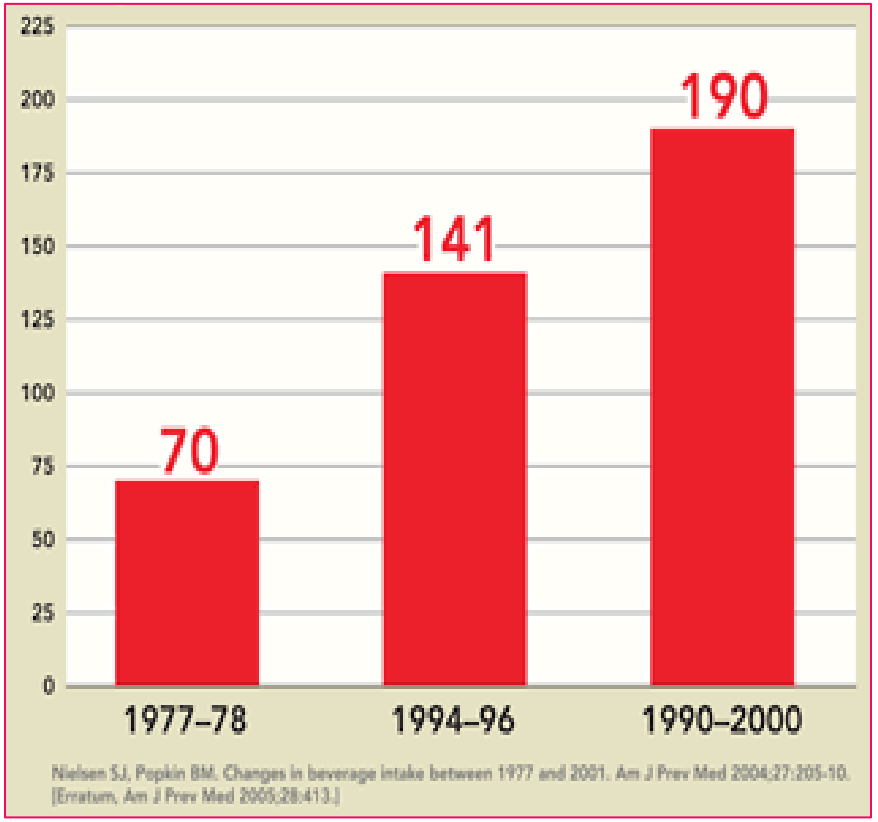


MotiveWeight.Blogspot.com

Sugar Consumption is on the Rise

Americans eat more sugar than other countries.
Americans are 5% of the world's population. We eat 33% of the world's sugar, over 10 million tons annually.

Daily caloric intake from sugar-sweetened drinks in the U.S. has nearly tripled since 1977.



Our average sugar consumption/person/year has gone from 1 lb. in the 1700 to 165 lbs. in 2010!

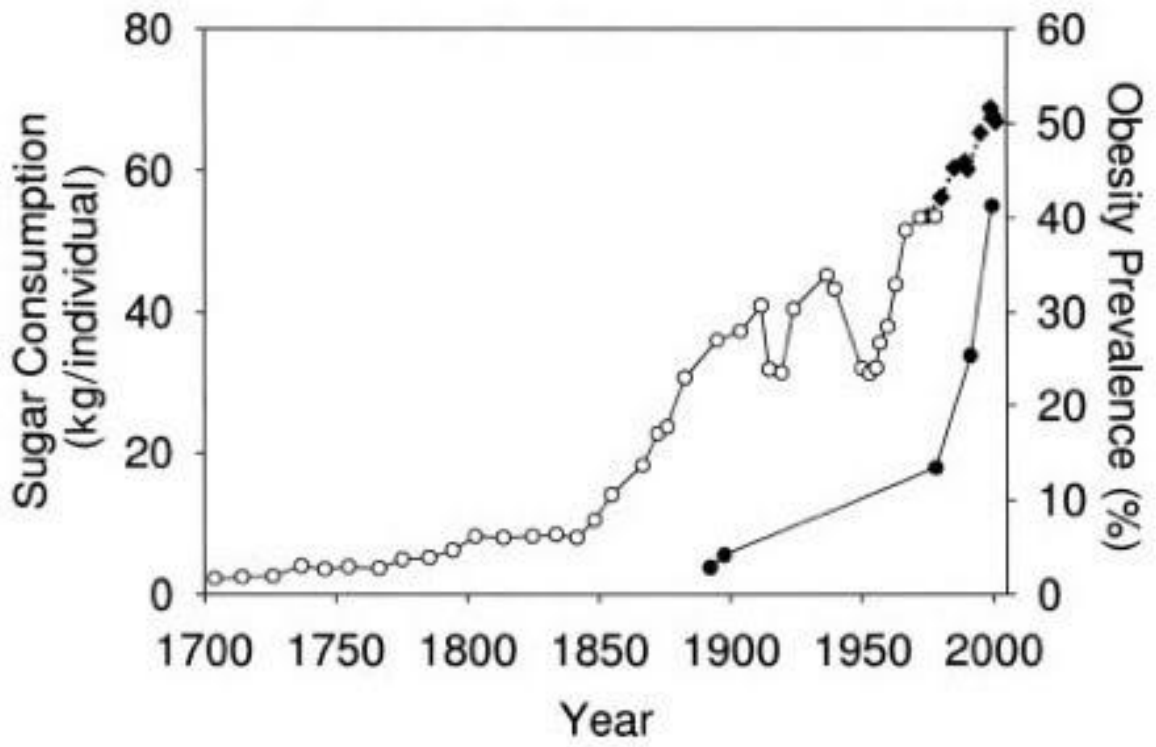


FIGURE 1. Sugar intake per capita in the United Kingdom from 1700 to 1978 (30, 31; ○) and in the United States from 1975 to 2000 (32; ◆) is compared with obesity rates in the United States in non-Hispanic white men aged 60–69 y (17; ●). Values for 1880-1910 are based on studies conducted in male Civil War veterans aged 50–59 y (18).

Soda Tax is Here

Voters in **San Francisco**, California passed a tax on sugar-sweetened beverages on Tuesday as the push by local governments to target soda to stem obesity and diabetes gathered speed.
San Francisco Bay Area neighbor **Albany, California Oakland, California and Boulder, Colorado,** were on track to pass as well, with votes still being counted early on Wednesday.

The levies on sugar-sweetened beverages arrive a month after the World Health Organization recommended that governments introduce these types of taxes in a bid to battle obesity, diabetes and other diet-related diseases.
Opponents of such taxes say they hit lower income populations hardest, and that it is unfair to single out soda in the battle to fight obesity and diabetes.
Coca-Cola Co, PepsiCo Inc and other companies in the roughly **$100 billion U.S. soft drink industry are fighting the taxes** at a time when soda consumption is falling.
The San Francisco measure **passed 62 percent to 38 percent and the Albany measure passed 71 percent to 29 percent.** With 85 percent of precincts reporting, the Oakland measure had 62 percent support to 38 percent opposed, and in Boulder the soda tax was passing 54 percent to 46 percent, with the percent of votes counted unclear.

Soda Tax Pops Up Around the World

Posted by Brady Wilson on Wednesday, August 3rd, 2016, 5:11 PM PERMALINK

Philadelphia made news recently when it became the **second** city in the U.S. to impose a tax on soda. Such taxes are not just confined to the U.S. either: France, the UK, and Mexico all have a version of the tax. **South Africa** and the **Philippines** are mulling similar taxes.

The soda tax is just another example of politicians reaching into the wallets of working people. Governments are targeting **low income** families who are most likely to consume sugary drinks. The targets of the tax are the least able to afford the government's greedy tax.

Mexico's sugar tax leads to fall in consumption for second year running

Health experts are watching the progress of the tax to see if it will lower the rates of obesity-related diseases and type 2 diabetes

More than 70% of the population of Mexico is overweight or obese. Photograph: Alamy

Mexico's sugar tax appears to be having a significant impact for the second year running in changing the habits of a nation famous for its love of Coca-Cola, and will encourage countries troubled by obesity and contemplating a tax of their

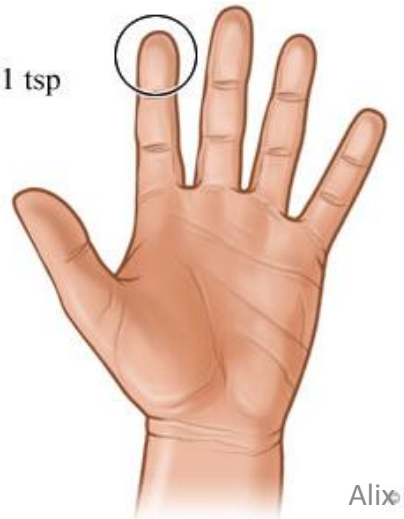
Sugar, the Sweetest Poison

The word “sugar” includes these things ending in “ose”:

1. **Sucrose** (table sugar), a simple sugar made from cane sugar or beets.
2. **Fructose**, a simple sugar in fruits, plants and honey.
3. **Maltose**, a complex sugar in barley and malt syrups.
4. **Lactose**, a complex sugar in milk.
5. **Dextrose,** a refined simple sugar from corn, sugar cane or beets
6. **Glucose,** a simple sugar in fruits, vegetables and grains.

Nutrition Facts Label

5 grams of sugar = 1 teaspoon



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sugar on the Label

20 fl oz Bottle = Sugars 65 grams

Sugar on the Label

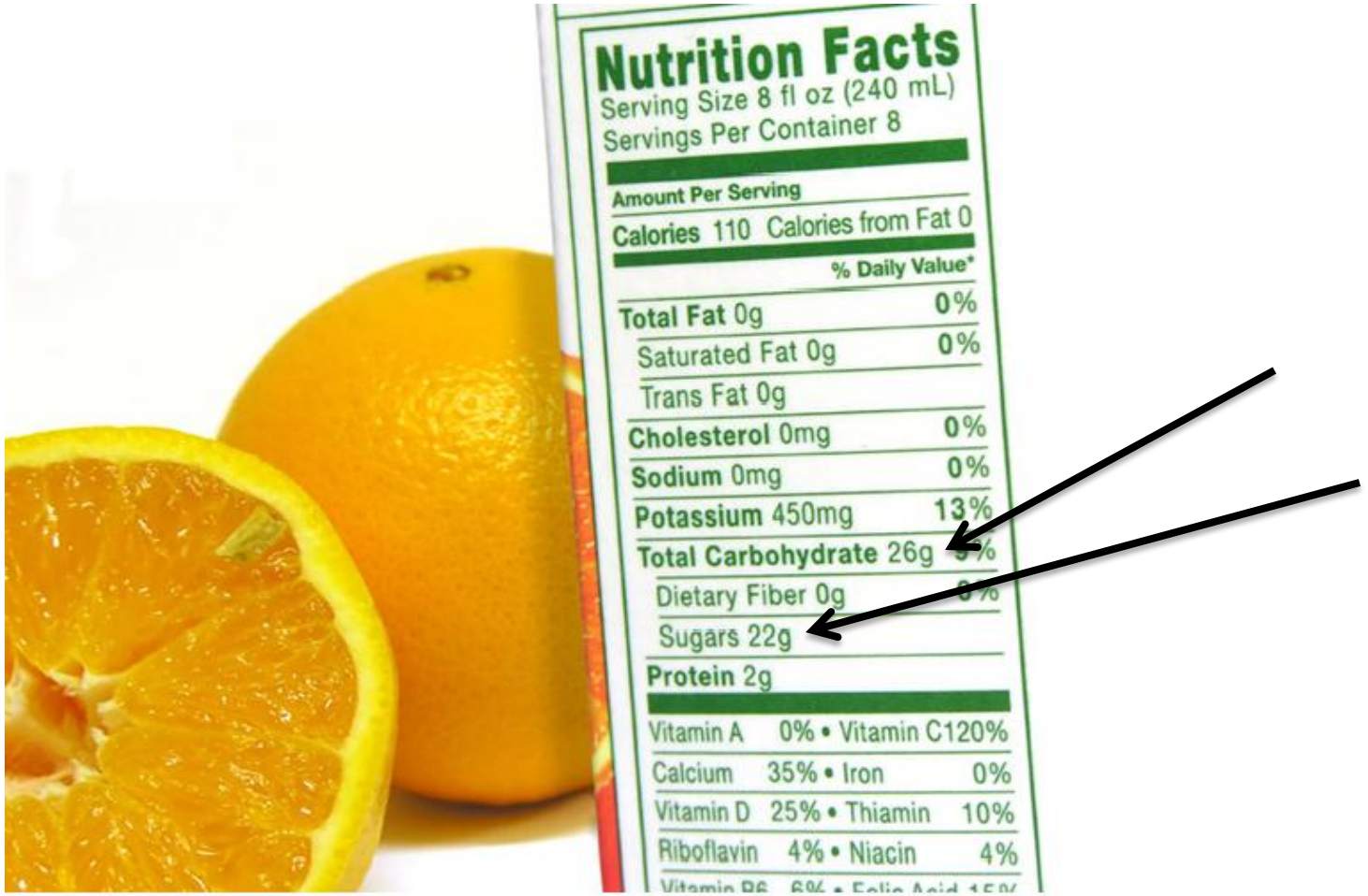
20 fl oz Bottle = Sugars 65 grams

65 ÷ 5 =

13 teaspoons of sugar

Sugar on the Label

8 fl oz = Sugars 22 grams



Current

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label 2018

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories **230**

% DV*	
12%	**Total Fat** 8g
5%	**Saturated Fat** 1g
	***Trans* Fat** 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	**Dietary Fiber** 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	**Vitamin D** 2mcg
20%	**Calcium** 260mg
45%	**Iron** 8mg
5%	**Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Added Sugar
Where does it come from?

Soda
33%

Hidden Sugar
26%

Sweetened
Fruit Drinks
10%

Cereal
5%

Candy
5%

Cake
5%

Cookies &
Brownies
4%

Syrups &
Toppings
4%

Low-fat
Products
4%

Table Sugar
& Honey
4%

8 fl oz/serving
2.5 servings/bottle

14 g sugar/8 fl oz
35 g sugar/20 fl oz

Sugar on the Label

12 oz Can = Sugars 39 grams

VERY LOW SODIUM 35mg OR LESS PER 240 mL (8 fl oz)

Nutrition Facts

Serving Size 1 can

Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

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

5 grams = 1 teaspoon

8 teaspoons of Sugar in One Can of Soda

Ketchup is 1/3 sugar- watch how much you pour.

Nutrition Information

Serving size: 1 Tbsp (17g)
Calories: 20 Fat Cal: 0

Amount/serving	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carb 4g	1%
Fiber 0g	0%
Sugars 4g	
Protein 0g	

Vitamin A 2% · Vitamin C 2% · Calcium 0% · Iron 0%

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

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

KOSHER PAREVE
GLUTEN-FREE

First ingredient listed is 50% of the total product. The next ingredients are less by volume in the product.

Alix Landman,MPH,RD nutritionsmarts.com

Better Ketchup Choice

Low Sugar - Lite Yogurt

Nutrition Facts

Serving Size 1 cup 8 fl oz 245g (245 g)

Amount Per Serving

Calories 137 Ca

%

Total Fat 0g

Saturated Fat 0g

Trans Fat

Cholesterol 5mg

Sodium 189mg

Total Carbohydrate 19g

Dietary Fiber 0g

Sugars 19g

Protein 14g

Vitamin A 0% • Vita

Calcium 49% • Iron

*Percent Daily Values are based on
Your daily values may be higher or
your calorie needs.

©www.NutritionData.com

High Sugar - Low Fat

Nutrition Facts

Serving Size 1 container (227g)

Amount Per Serving

Calories 240 Ca

Total Fat 3g

Saturated Fat

Trans Fat 0g

Cholesterol 15

Sodium 140mg

Total Carbohyd

Dietary Fiber

Sugars 44g

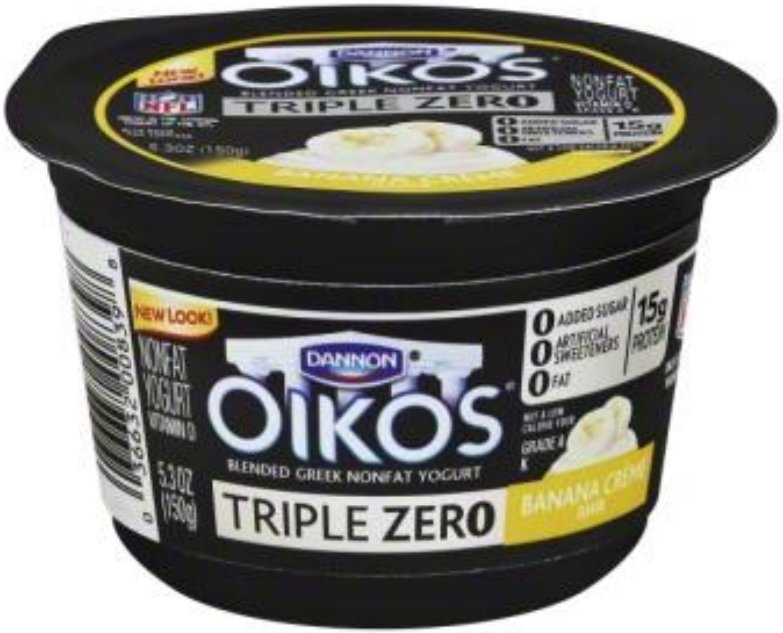
Protein 9g

Vitamin A 2 %

Calcium 35 % • Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Dannon Triple Zero- Stevia Sweetened



Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (150g)	**Total Fat** 0g	**0%**	**Potassium** 210mg	**6%**
Calories 120	Saturated Fat 0g	**0%**	**Total Carbohydrate** 14g	**5%**
Calories from Fat 0	*Trans* Fat 0g		Dietary Fiber 6g	**24%**
	Cholesterol <5mg	**1%**	Sugars 6g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	**Sodium** 65mg	**3%**	**Protein** 15g	**30%**
	Vitamin A 2% • Vitamin C 0% • Calcium 15% • Iron 0% • Vitamin D 15%			

INGREDIENTS: CULTURED GRADE A NON FAT MILK, CHICORY ROOT FIBER, WATER, CONTAINS LESS THAN 1% OF NATURAL FLAVOR, BETA CAROTENE AND ANNATTO EXTRACT (FOR COLOR), STEVIA LEAF EXTRACT, CARRAGEENAN, MALIC ACID, SEA SALT, SODIUM CITRATE, VITAMIN D_3.

SMOOTHIE KING
Smoothies With A Purpose®

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None selected.

search

Locations

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Fitness Blends

Smoothie King

TEASPOONS OF SUGAR

SMOOTHIES	Calories	Fat	Sat Fat	Fat Cal	Chol	Carbs	Sugar	Protein	Sodium	Fiber
Almond Mocha High Protein	420	12	2	110	55	50	43	31	280	3
Vanilla Coffee High Protein	370	12	2	110	55	37	31	31	280	3
Raspberry Mocha High Protein	430	12	2	110	55	52	44	31	310	4
Cinnamon Latte High Protein	410	12	2	110	55	43	36	34	330	3
Gladiator® Chocolate	180	0	0	0	0	1	0	45	150	0
Gladiator® Strawberry	180	0	0	0	0	1	0	45	150	0
Gladiator® Vanilla	180	0	0	0	0	1	0	45	150	0
Original High Protein Banana	350	9	1	110	45	37	23	28	297	5
Original High Protein Chocolate	420	9	1	110	51	49	43	31	194	3
Original High Protein Lemon	390	9	1	110	45	46	38	27	297	3
Original High Protein Pineapple	320	9	1	110	45	30	24	27	315	4
The Activator® Chocolate	340	1	0	5	11	67	55	19	119	5
The Activator® Strawberry	493	1	0	5	7	105	89	19	209	8
The Activator® Vanilla	343	1	0	5	7	67	54	18	209	5
The Hulk Chocolate™	801	31	12	281	54	108	90	24	263	6
The Hulk Strawberry™	964	32	13	286	87	145	125	25	288	8
The Hulk Vanilla™	801	32	13	286	89	105	88	23	258	5
Peanut Power Plus Chocolate™	698	26	3	224	25	98	63	24	491	6
Peanut Power Plus Strawberry™	680	21	3	184	1	112	94	15	179	9
Power Punch Plus®	448	1	0	10	10	97	86	11	59	6

8.6 tsp.

7.2 tsp.

25 tsp.

ENTER YOUR ZIP

Planet Smoothie®

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PEOPLE #LOVE US

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@PlanetSmoothie

If you need me, I'll be at Planet Smoothie

26 Aug

Planet Smoothie
@PlanetSmoothie

Always take a moment to stop and sip the smoothies.

WHAT'S NEWS?

Where will your smoothie take you this summer? With the Passion Fruit Pucker, Acai Gold and Mango Passion, the possibilities are endless!

Do you love Planet so much you want to own your own store?! Make it happen. Connect with our franchising team to learn more about ownership opportunities.

FEATURED SMOOTHIES

	. Planet Smoothie					Sugar	Protein			.	
D GF	CHOCOLATE CHIMP	260	1	0	0	0	0	50	5	29	15	PROTEIN
GF	LEAN GREEN EXTREME	260	1.5	0	0	0	200	54	5	38	12	PROTEIN
D GF	MR MONGO – COCOA	330	1	0	0	0	120	65	10	31	21	PROTEIN
D GF	MR MONGO – STRAWBERRY	410	0	0	0	0	120	88	11	57	20	PROTEIN
D GF	PLANET PRO® LITE BANANA & PB	540	22	4.5	0	15	410	54	9	27	34	MEAL REPLACEMENT
D GF	PLANET PRO® LITE COCOA & BANANA	350	4	0	0	15	260	52	8	27	30	MEAL REPLACEMENT
D GF	PLANET PRO® LITE STRAWBERRY	320	3	0	0	15	230	46	6	38	25	MEAL REPLACEMENT
D GF	PLANET PRO® LITE STRAWBERRY & AÇAÍ	330	5	0.5	0	15	230	43	5	35	26	MEAL REPLACEMENT
D GF	PLANET PRO® LITE STRAWBERRY & BANANA	360	3	0	0	15	230	59	7	45	26	MEAL REPLACEMENT
GF	PLANET PRO® VEG (21G) BANANA & PB	550	22	4.5	0	0	560	66	9	36	29	MEAL REPLACEMENT
D GF	PLANET PRO® VEG (21G) COCOA & BANANA	350	3.5	1	0	0	440	65	8	36	25	MEAL REPLACEMENT
GF	PLANET PRO® VEG (21G) STRAWBERRY	330	2.5	0	0	0	380	59	6	47	20	MEAL REPLACEMENT
GF	PLANET PRO® VEG (21G) STRAWBERRY & AÇAÍ	340	4.5	1	0	0	390	56	5	44	20	MEAL REPLACEMENT
GF	PLANET PRO® VEG (21G) STRAWBERRY & BANANA	380	2.5	0.5	0	0	380	71	7	54	20	MEAL REPLACEMENT
GF	AÇAÍ GOLD	280	4.5	1	0	0	30	57	3	45	3	SUPERFRUIT
GF	AÇAÍ ORIGINAL	410	7	1.5	0	0	15	85	8	66	3	SUPERFRUIT

Jamba Juice- Protein Smoothies

Pay attention to the sugar!

7 tsp./small **9.6 tsp./medium** **12 tsp./large**

Jamba Juice Island Pitaya Bowl

Pitaya? I barely know ya! Get to know our Pitaya Energy Bowl that puts a creamy tropical twist on the classic parfait while giving you the nutrient and energy boost you need.

*Availability may vary by location.

Find a Store

Real Whole Fruit & 100% Juice

Pineapple Juice Bananas Strawberries

Mangos Blueberries

A Blend Of

Pineapple Juice, Frozen Pineapples, Fresh Bananas, Frozen Pitaya, Frozen Strawberries, Frozen Mangos, Organic Pumpkin Flax Seed Granola, Fresh Blueberries, Honey, Chia Seeds, Coconut.

Nutritional Facts:

	% Daily Value
Calories 470	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 100g	33%
Dietary Fiber 12g	47%
Sugar 70g	
Protein 6g	

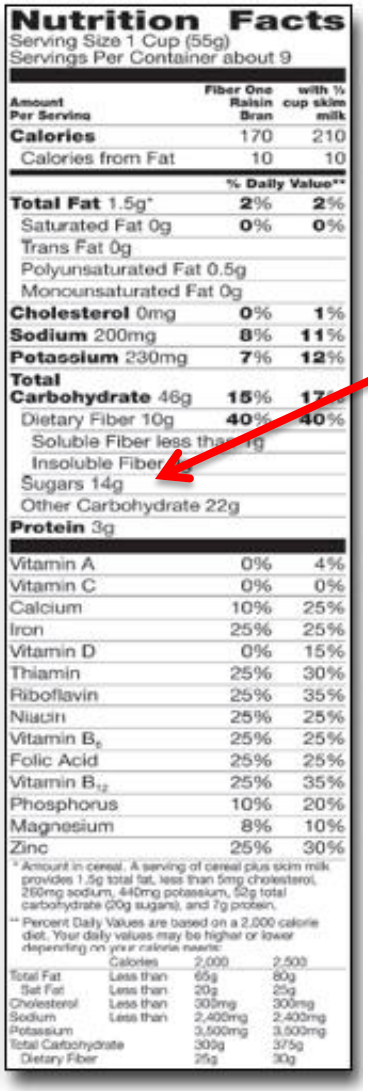
Vitamin A 40% **Calcium** 8% **Vitamin C** 150%
Iron 10%

Carbs 100 g

Sugar 14 tsp.

Protein 6 g

Sugar Level of Cereals



Nutrition Facts

Serving Size 1 Cup (55g)
Servings Per Container about 9

Amount Per Serving	Fiber One Raisin Bran	with ½ cup skim milk
Calories	170	210
Calories from Fat	10	10
	% Daily Value* **	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	11%
Potassium 230mg	7%	12%
Total Carbohydrate 46g	15%	17%
Dietary Fiber 10g	40%	40%
Soluble Fiber less than 1g		
Insoluble Fiber		
Sugars 14g		
Other Carbohydrate 22g		
Protein 3g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	15%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 260mg sodium, 440mg potassium, 52g total carbohydrate (20g sugars), and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Carbs 46 g

Sugar 14 g

_____

How much sugar was added?
How much comes from raisins?
The new label will reveal that.
All we know is there are **2.8 tsp. worth of sugar.**

5 grams = 1 teaspoon

Sugar Level of Cereals

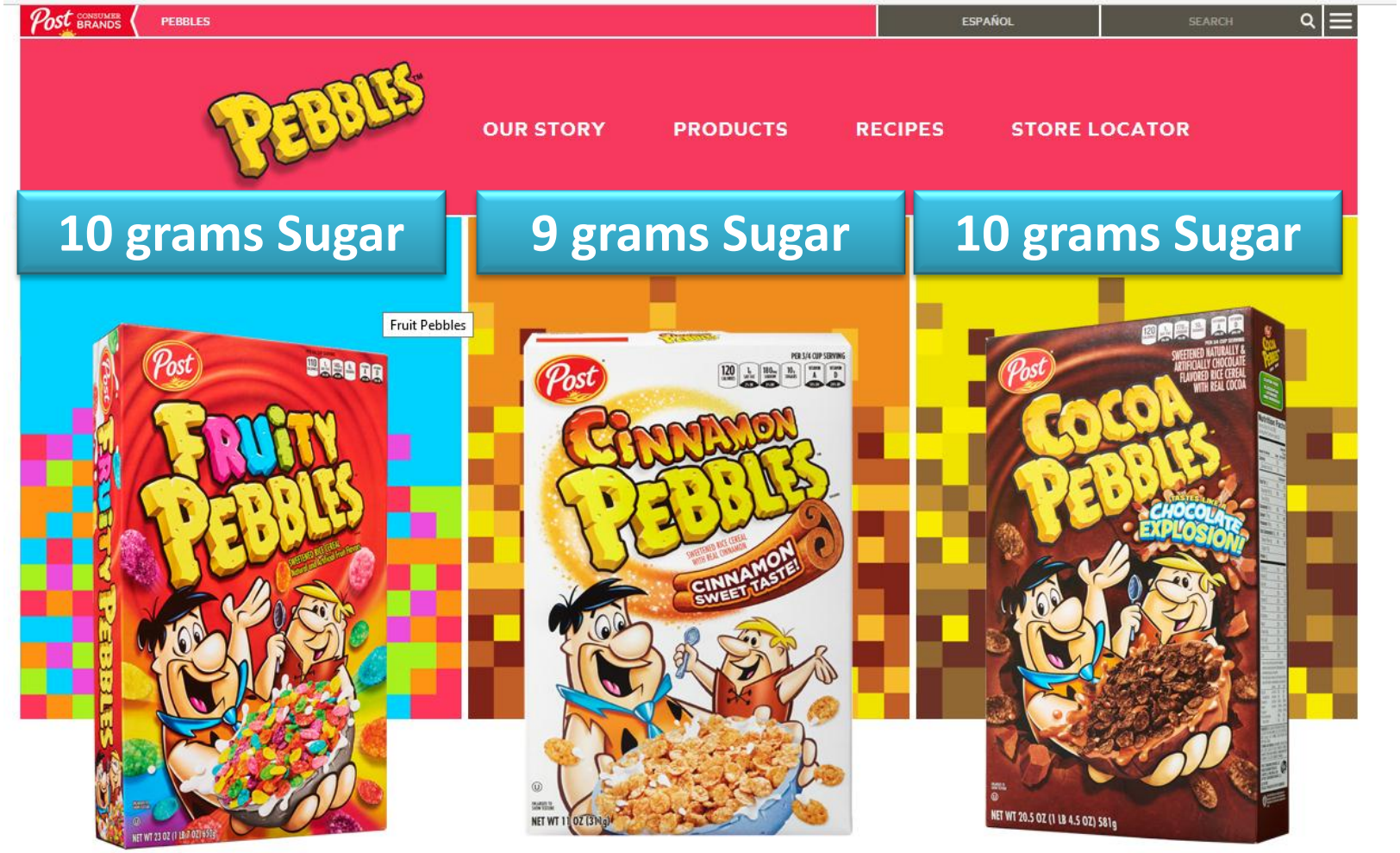
Carbs 45 g

Sugar 19 g

How much sugar was added?
How much comes from raisins?
The new label will reveal that.
All we know is there are **3.8 tsp. worth of sugar.**

5 grams = 1 teaspoon

Sugar Level of Cereals



Pebbles™
Cocoa Pebbles™

Nutrition Facts

Serving Size 3/4 cup (29g)
Servings Per Container (8.5 oz) about 8, (11 oz) about 11, (15 oz) about 15, (20.5 oz) about 20, (22.5 oz) about 22, (25.5 oz) about 25, (30 oz) about 29, (34 oz) about 33, (40 oz) about 39

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 170mg	7%	10%
Potassium 45mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 10g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	20%	35%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500

CP 36 RTE

INGREDIENTS

RICE, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), SALT, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR.

VITAMINS AND MINERALS

NIACINAMIDE, REDUCED IRON, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN B12, VITAMIN D.

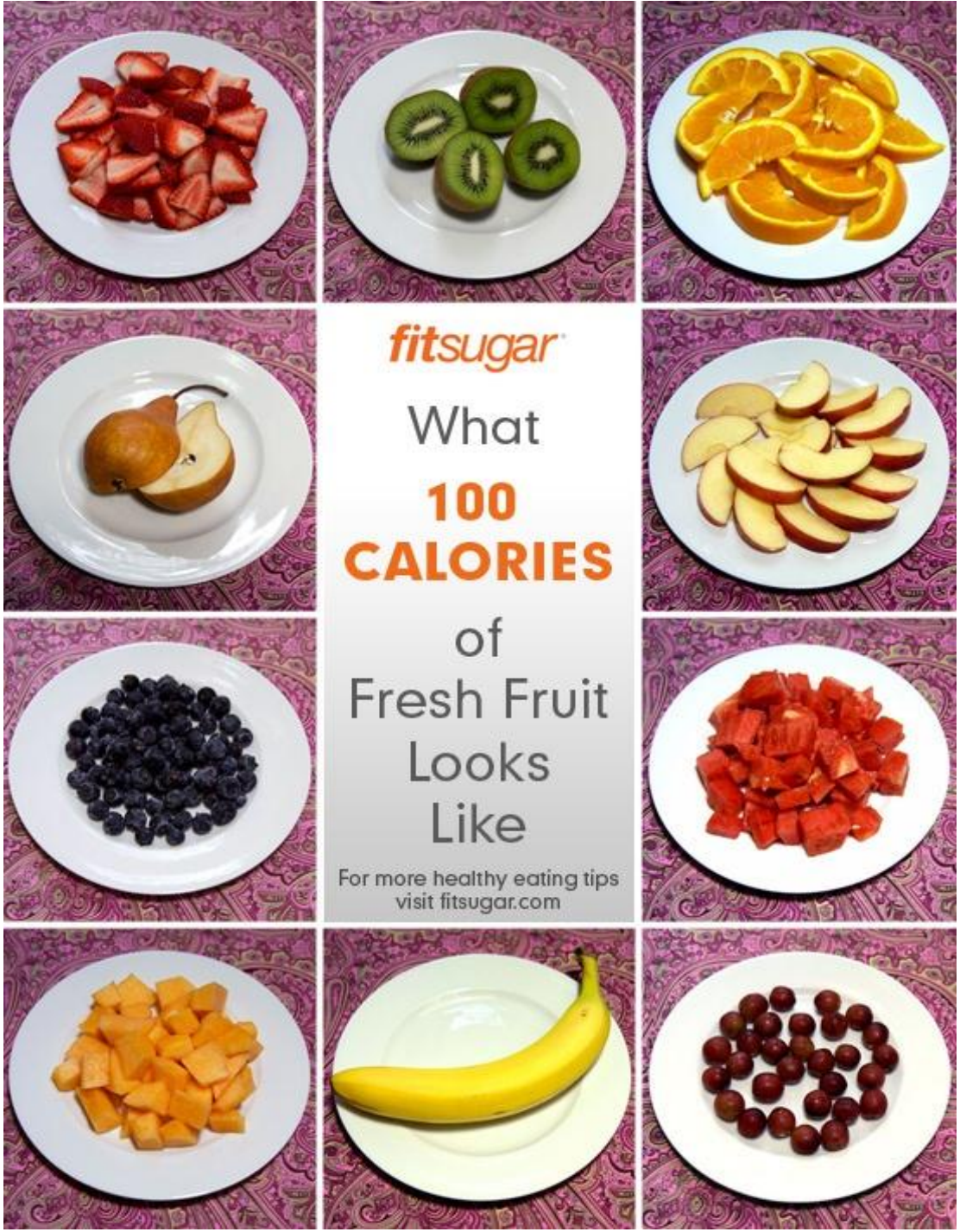
Ⓤ

Product formulations may change. For current nutrition facts and ingredient line information check product packaging.

Where are the Vitamins and Fiber?

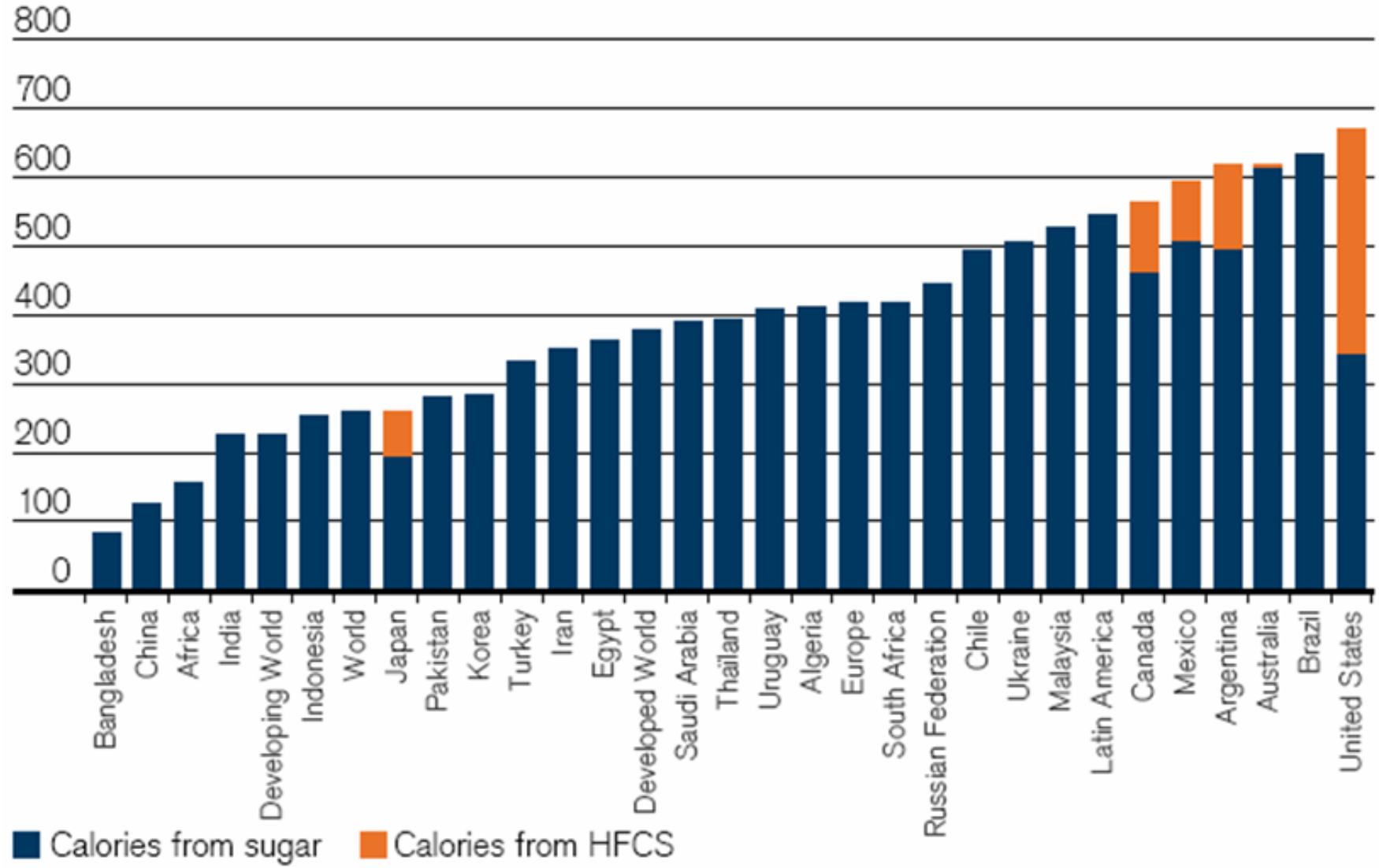
Is this really going to fill you up?

Alix Landman,MPH,RD nutritionsmarts.com



Alix Landman,MPH,RD nutritionsmarts.com

Average Daily Caloric Intake Of Sweeteners By Country



* Source: USDA-ERS, Conadesuca, OECD, Credit Suisse Research

How Much Fructose Can I Eat Per Day?

Dr. David Lustig says the maximum fructose per day for health should be 20 grams.

How much is that?

20 grams of fructose is about 4 ¼ teaspoons. (1 teaspoon of fructose weighs 4.75 grams.) So 20 grams per day would be about 2 apples, 3 bananas, 2 pears, 9 dates or 1 tsp raw honey. Look at the chart and do the math.

Limit Fructose intake to 20 grams per day. That's 4 ½ tsp granulated fructose, or fresh fruit per the chart.

Fruit portion	Grams of Fructose
1 Lime	0.0
1 Lemon	0.6
1 cup cranberries	0.7
1 date	2.6
1/8 cantalope	2.8
1 cup raspberries	3.0
1 Kiwi	3.4
1 slice pineapple	4.0
1 grapefruit	4.3
1 tangerine	4.8
1 peach/nectarine	5.8
1 orange	6.1
1/2 papaya	6.3
1 banana	7.1
1 cup blueberries	7.4
1 apple	9.5
1 pear	11.8
¼ cup raisins	12.3
1 cup grapes	12.4
1/2 mango	16.2
1 cup dry apricots	16.4
1 cup dry figs	23.0

Fruit juice has as much sugar as soft drinks. Worse the "sugar" in juice is Fructose. We can only absorb 20 - 25 grams of Fructose per day.

Raisins, dates and dried fruit are loaded with fructose.

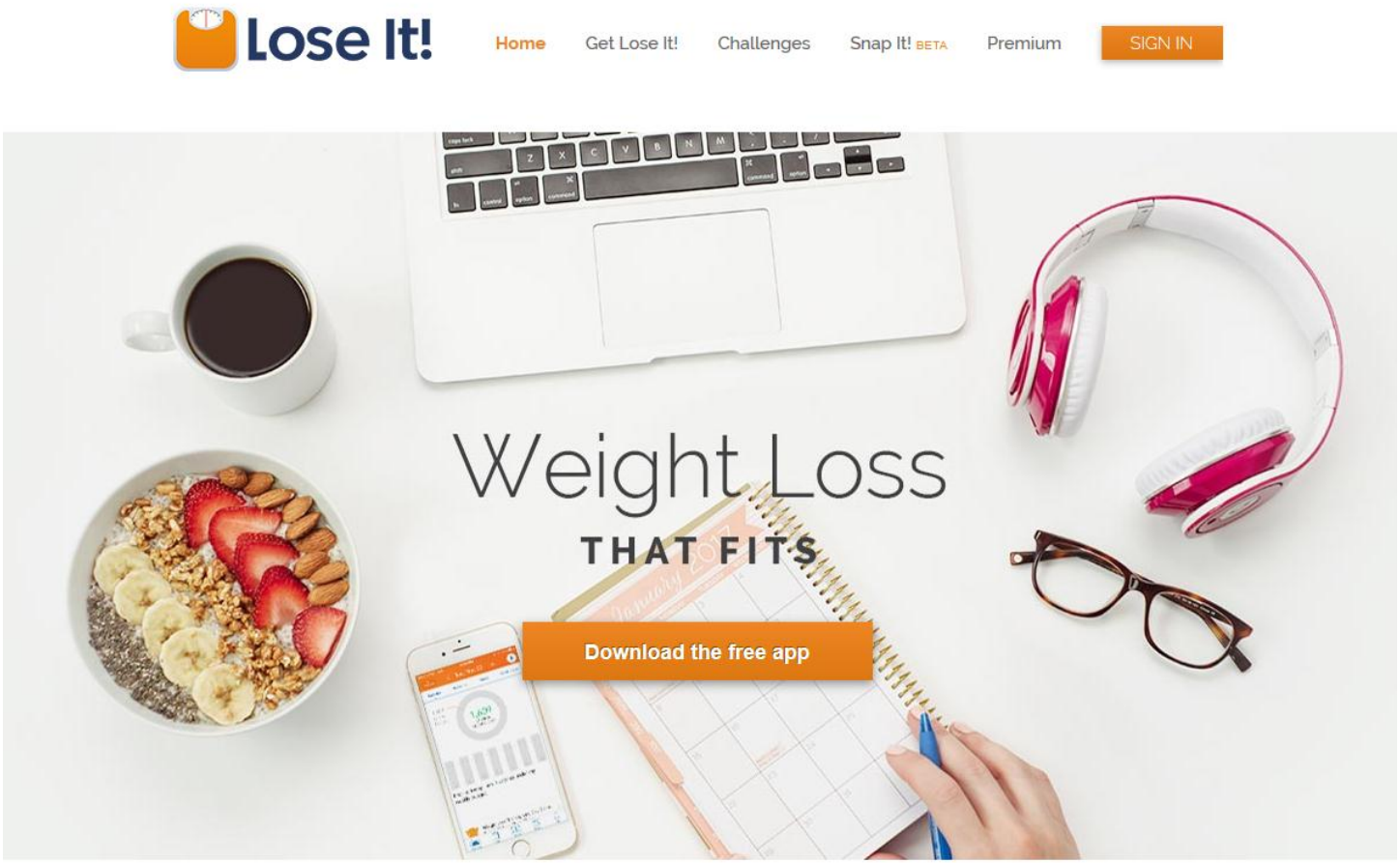
Help You and Your Family

- Begin tracking your food and beverage intake.
- Use a digital app like MyFitnessPal, Lose It, EWG Healthy Living, Fooducate, or other digital means.
- Observe # grams of sugar is coming from foods and beverages other than whole fruits, whole grains, and dairy products.

MyFitnessPal.com

myfitnesspal

LOSEIT.COM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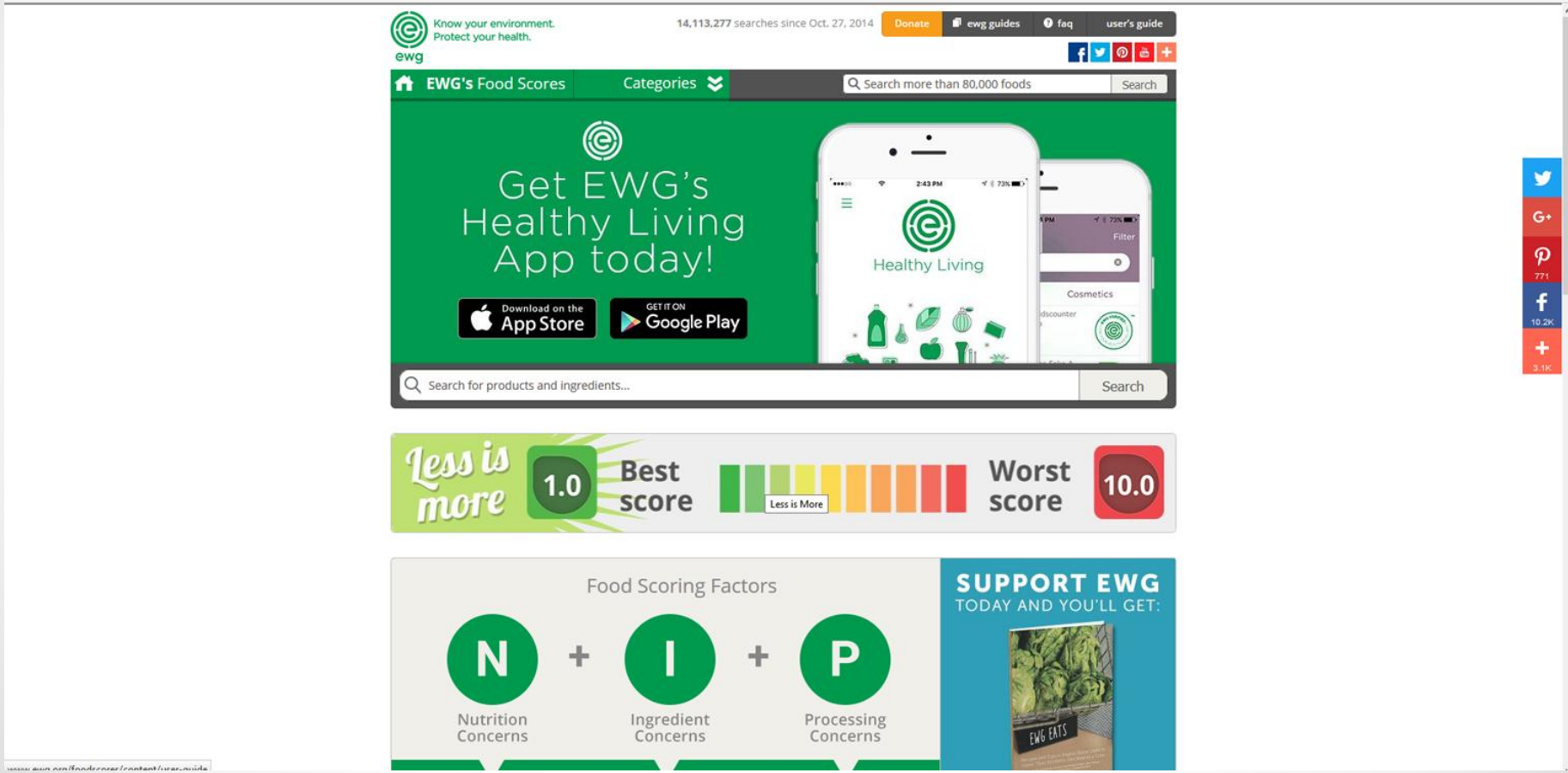
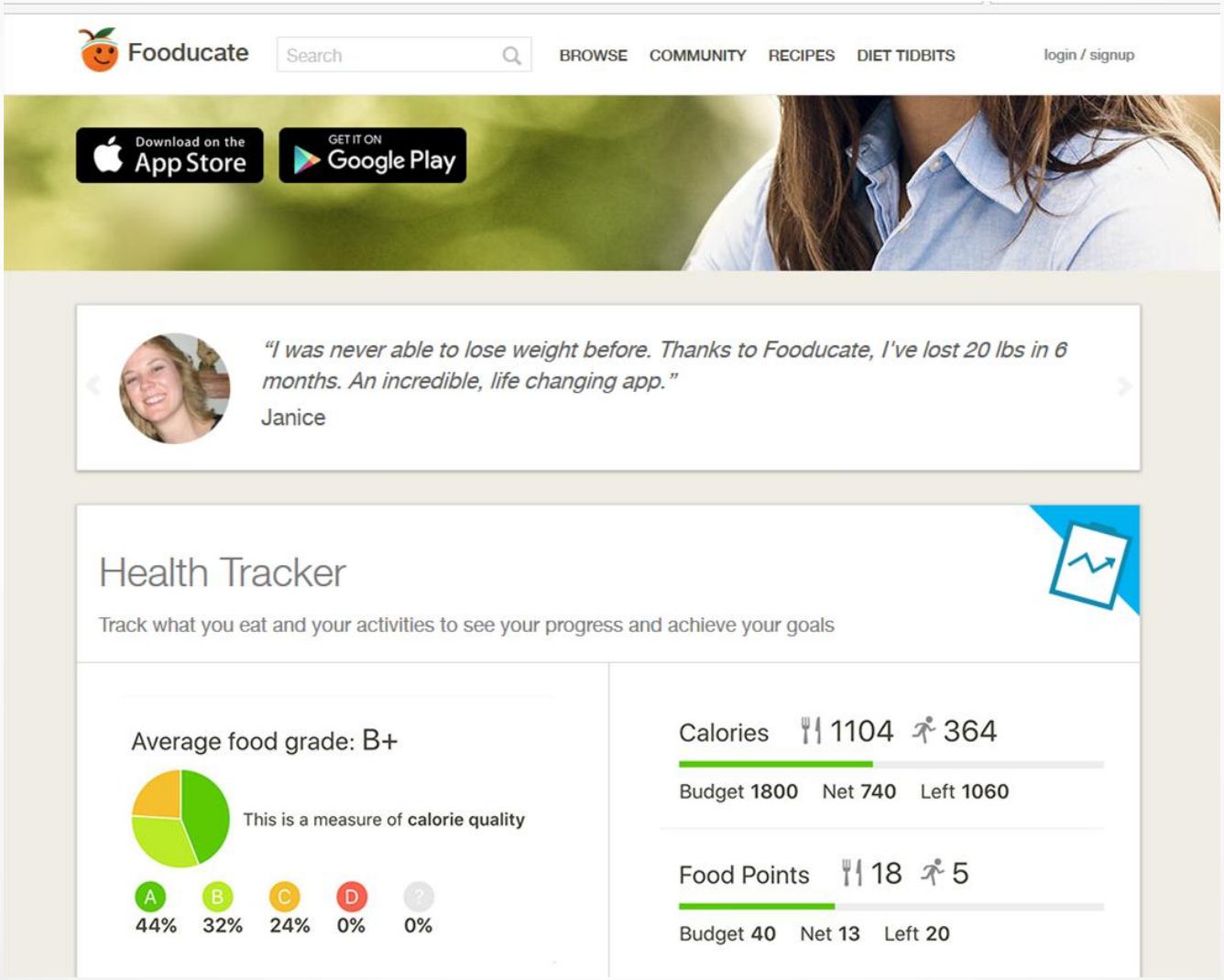
Ewg.org Healthy Living App



Fooducate.com Great app



Eat More Fruits and Vegetables and Less Sugar

Internet Tools You Can Use

- Digital Apps: MyFitnessPal, Lose It,
  EWG Healthy Living, Fooducate
- EWG.org - Environmental Working Group
- Fooducate.com- website and app
- Cleananddelicious.com- print and cooking videos
- Mypyramid.gov/Choosemyplate.gov/Supertracker.gov
- Eatright.org (Academy of Nutrition and Dietetics)
- Learningaboutdiabetes.org- consumer info & videos
- CSPIorg.net (Center For Science in the Public Interest)
- Nutritionsmarts.com (Alix Landman,R.D.- newsletter)

Thank you!

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