

HEALTHY ON THE JOB

Sugar know-how...First the good news!



We DO actually need *some* sugar. However, our bodies only need (A LITTLE BIT OF) sugar!

Sugars and starches supply energy to the body in the form of glucose. Glucose is the only energy source for red blood cells. Glucose is the preferred energy source for the brain, central nervous system, placenta, and fetus. Nevertheless, please note it is very easy to consume too much, and too much of a good thing can lead to a bad outcome.

How does excess sugar affect health?

Consumption of added sugars can increase the number of calories a person consumes, without any added nutritional benefit, making it difficult to meet nutrient needs while staying within calorie limits. However, foods that contain naturally-occurring sugars also contribute beneficial nutrients to the diet, such as vitamins, calcium, and fiber.

Too much added sugar in the diet can contribute to weight gain. Research also shows that there is a strong link between excess added sugar in the diet and conditions such as diabetes, fatty liver disease, and heart disease. Added sugars are also a major contributor to dental caries (cavities).

How much sugar should I eat?

The American Heart Association recommends that women and children should eat no more than 6 teaspoons (24 grams) of added sugars per day, and men eat no more than 9 teaspoons (36 grams) per day.

You'll need to read your labels to determine how much sugar is added. When reading the Nutrition Facts label: Sugar is listed in *grams* per serving. A good rule of thumb when trying to determine how many teaspoons are in a food is to divide the number of grams by four (4) because:

4 grams of sugar = 1 teaspoon

MINDFULNESS SERIES

USEFUL RESOURCES



Rutgers Cooperative Extension
njaes.rutgers.edu



Get Moving - Get Healthy NJ
gmghnj.rutgers.edu



Get Moving - Get Healthy NJ Workforce
gmghnj.rutgers.edu/workforce



Family & Community Health Sciences Department
njaes.rutgers.edu/fchs

Tips to avoid added sugars:

Read the Nutrition Facts labels; learn sugar's "aliases; choose unsweetened beverages; swap out a sweet breakfast for a savory option, such as eggs; compare nutrition; out of sight, out of mind!



Other sweeteners that contain low or no calories, and are not considered to be added sugars, include stevia, saccharin, aspartame, sucralose, and sugar alcohols, and are found in products such as Splenda®, Equal®, Truvia®, and Sweet’N Low®, and Xylitol, among others. These high-intensity sweeteners are commonly found in highly processed foods, such as soft drinks, baked goods and candy. These foods generally do not offer the same nutritional benefits as whole foods, such as fruits and vegetables.

Naturally Occurring vs. Added Sugar

Some sugars occur naturally in fruits, vegetables, dairy products, and some grains. Eating these foods, as part of a complete, balanced diet, can provide enough sugar for our needs. Our bodies do not need any amount of added sugars to function properly or stay healthy. *Added sugars* are those that are put into foods during processing or preparation, or that are added before eating; for example, using sugar to sweeten coffee. The term “added sugars” refers to more than just white sugar, which is what may come to mind when many people hear the word “sugar.” There are many other forms of sugar that are commonly added to foods.

Sugar has many aliases on foods’ ingredient lists, including, but not limited to, the following:

Agave	Barley malt	Brown sugar	
Cane juice/Evaporated cane juice		Cane sugar	Cane syrup
Corn sweetener	Corn syrup	Corn syrup solids	Dextrose
Fructose	Fruit juice concentrates (for example, apple juice concentrate)		
Fruit nectars	Glucose	High fructose corn syrup	Honey
Invert sugar	Lactose	Malt sugar	Malt syrup
Maltose	Molasses		

Healthy Recipe

<https://www.wholekidsfoundation.org/recipes/no-bake-thumbprint-cookies>

NO BAKE THUMBPRINT COOKIES

INGREDIENTS

- 3 cups rolled oats
- 3/4 c. dates, pitted
- 1-1/2 c. almond butter
- 1/2 c. shredded coconut
- 1 orange, zested and juiced
- 1/2 t. cinnamon
- pinch of sea salt (optional)
- 100% all -fruit preserves



INSTRUCTIONS

Soak dates in warm water to cover for 10-15 minutes. Grind oats in a blender or food processor. Pour into a bowl and set aside. Place dates in the food processor with 1/2c. of soaking liquid and puree. Add to oats, along with almond butter, coconut, orange zest and juice, and spices. Knead together until a dough is formed. Form into balls and press down in middle with thumb. Place a small amount of preserves in the indentation. Refrigerate for at least 1 hour.

****Disclaimer****

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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choosemyplate.gov

njaes.rutgers.edu/health

getmovinggethealthynj.rutgers.edu

Family & Community Health Sciences
Healthy Recipes

[vimeo.com/getmovinggethealthynj/vid
eos](http://vimeo.com/getmovinggethealthynj/videos)

Explore our healthy recipe videos!

EatingWell.com has lots of healthy recipes.

Mayo Clinic Healthy Recipes
mayoclinic.org/healthy-lifestyle/recipes



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