



EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Sweet Solution

Got a sweet tooth? You are not alone; the average American consumes the equivalent of 34 teaspoons of sugar per day, well over the recommended maximum of about 12 teaspoons for the average diet. Why the discrepancy? Sugar can be sneaky, and as a result we are oftentimes unaware of how much *added sugar* we consume. With the plethora of foods containing these sugars, it is becoming a sticky situation.

Naturally Occurring Sugars

These sugars are naturally occurring in foods such as fresh fruits, vegetables, and grains. These foods often provide other health benefits like vitamins, antioxidants, and fiber.

Tips To Curb Your Cravings

- *Perfect the Portion:* Choose smaller portions of desserts by using a dessert plate rather than a full-sized plate
- *Timely Treats:* Indulgent treats should really be “treats,” not everyday foods
- *Go Natural:* Natural sweetness from fresh, crisp fruit may help satisfy your sweet tooth
- *Sugar Swaps:* Opt for a scoop of Greek yogurt with granola or honey instead of ice cream
- *Drop the Drink:* Try mixing 1/4 fruit juice with 3/4 seltzer for that carbonated kick with fewer empty calories. Or, opt for fruity herbal teas for natural sweetness.

Added Sugars

These sugars are added to processed foods and drinks. There are over 50 names for added sugars. Check the ingredients label for common ones like:

- High Fructose Corn Syrup
- Evaporated Cane Juice
- Brown Rice Syrup

No need to omit completely, but enjoy in moderation. Eating patterns with lower intake of added sugars have been associated with reduced risk of heart disease, obesity, and type 2 diabetes.

Surprising Sources of Added Sugars

- Instant oatmeal
- Granola/cereal bars, protein bars
- Dried fruit, canned fruit, applesauce
- Barbecue sauce, ketchup, salad dressings and other condiments
- “Low fat” highly processed foods
- Sweetened beverages (e.g. orange juice, iced tea, etc.)

Sweet, Sweet Victory

Revised By: Tiffany Chen

References: *The Scoop on Added Sugars*. Available at: <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/the-scoop-on-added-sugars> Accessed on 11/22/19. *Looking to Reduce Your Family's Intake of Added Sugars? Here's How*. Available at: <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/looking-to-reduce-your-family-s-added-sugar-intake-heres-how> Accessed on: 11/22/19. *The Question of Sugar*. Available at: <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2012/the-question-of-sugar/> Accessed on 11/22/19. *2015-2020 Dietary Guidelines for Americans*. Available at: <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#added-sugars> Accessed on 12/17/19

Reviewed By: Marina Vineis, RYT, RDN – Dining Services

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.