

Let's Cook Healthy Together

Class 3

* **Sugars, Go-To Brands, Understanding Food Labels & Setting SMART Goals**

* **Sugar is everywhere:** salad dressing, peanut butter, ketchup, fruit drinks and soda. Even “sugar-free” options are often filled with high fats or toxic sweeteners that stimulate our sweet tooth.

1. There is evidence that eating too much added sugar can cause inflammation in the body. This may be due to a number of reasons, including:

- **Cytokines:** When the body consumes a lot of added sugar, it releases pro-inflammatory cytokines, which are proteins that trigger an immune response. This can lead to inflammation and physical symptoms like pain, swelling, and stiffness.
- **Free fatty acids:** Sugar can stimulate the liver to produce free fatty acids, which the body then digests into compounds that can trigger inflammation.
- **Weight gain:** High sugar intake can lead to weight gain, which can cause swelling.
- **Insulin resistance:** High blood sugar can make the body insulin resistant, which can lead to fat being stored in the abdomen. This type of fat is associated with inflammation in obese people.
- **Central nervous system:** High blood sugar can cause the body to produce inflammatory molecules in the central nervous system

2. 30% of the US population has “Fatty Liver”

* Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to make fat. Too much refined sugar and high-fructose corn syrup causes a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to

the liver as alcohol, even if you're not overweight. It's one more reason to limit foods with added sugars, such as soda, pastries, and candy.

3. Yes, eating too much added sugar can increase the risk of heart disease.

According to the CDC, added sugars can contribute to health problems like heart disease, weight gain, and type 2 diabetes. A study published in BMC Medicine found that people who get 5% more of their energy from free sugars, which includes added sugars in processed foods, sodas, fruit juice, and syrups, have a 6% higher risk of heart disease. Another study found that people who get 25% of their daily calories from added sugar are almost three times more likely to develop cardiovascular disease than people who get less than 10%.

4. Sugar Alternatives:

Not all sugar alternatives are a good choice. According to John Hopkins Medicine, the following information can help you make informed decisions on sugar alternatives.

Sweeteners like fruit juice, honey, molasses and maple syrup contain natural sugar and have some nutritional benefits. Fruit has fiber, vitamins and antioxidants. Even raw honey and maple syrup can contain antioxidants and minerals like iron, zinc, calcium and potassium.

Artificial Sweeteners

Most artificial sweeteners (also called nonnutritive sweeteners) are created from chemicals in a lab. A few are made from natural substances like herbs. They can be 200 to 700 times sweeter than table sugar.

These sweeteners don't contain calories or sugar, but they also don't have beneficial nutrients like vitamins, fiber, minerals or antioxidants. They are regulated by the U.S. Food and Drug Administration (FDA) as food additives.

Traditionally, artificial sweeteners have been the only option for people who need to monitor their blood glucose levels or weight. Some experts believe that artificial sweeteners pose health hazards, from weight gain to cancer. But research on this is ongoing, and past studies showing health risks were conducted on animals, not humans. Studies on people have shown these products to be generally safe if more than the acceptable daily intake for each is not consumed.

The FDA has approved several artificial sweeteners:

- Acesulfame potassium (Ace-K)
- Advantame
- Aspartame *** diet sodas***
- Neotame
- Saccharin
- Sucralose

Many of these sweeteners can increase your sweets cravings. They have also been shown to be carcinogenic in lab animals.

Sugar Alcohols

Similar to artificial sweeteners, sugar alcohols are created synthetically (typically from sugars themselves). Sugar alcohols are used in many processed foods. They're not as sweet as artificial sweeteners, and they add texture and taste to foods like chewing gum and hard candies. They can cause gastrointestinal irritation like bloating, gas or diarrhea in some people.

Unlike other sugar substitutes, sugar alcohols must be listed on nutrition facts labels. Examples include:

- Erythritol
- Isomalt
- Lactitol
- Maltitol
- Sorbitol
- Xylitol

Novel Sweeteners

Novel sweeteners are derived from natural sources. This relatively new group, sometimes called "plant-derived noncaloric sweeteners," provides many of the benefits of both artificial and natural sweeteners like fruit or honey. Novel sweeteners are not a significant source of calories or sugar, so they don't lead to weight gain or blood sugar spikes. They are also typically less processed and are more similar to their natural sources compared to artificial sweeteners.

Examples include:

- Allulose
- Monk fruit ***mostly used for baking, we used in stuffed bell peppers
- Stevia***used in the teas that I have served
- Tagatose

Stevia and monk fruit are both naturally derived from plants and some people feel they have a flavor very similar to regular sugar.

The FDA says these sweeteners are "generally regarded as safe," which means they are safe to use for their intended purpose.

*** Go To Brands:** Knowing where to start can save time, frustration and confusion when it comes to shopping for your groceries.

1. Primal Kitchen: this brand has a variety of options for salad dressings and marinades, mayonnaise, ketchup and even cooking oils.
2. Siete: Think all things Latino, from taco seasoning, tortillas, salsa and refried beans.
3. Rao's: Pasta and pizza sauces are their specialty.
4. Aldi store: as a European owned store, many of their store brands are low in sugar and sodium and are often very reasonably priced.

Tip: Cooking from scratch is always best and most cost effective. However, it is important to set realistic/achievable goals for yourself. Having a set of "go-to" brands can help.

* **Understanding Food Labels:** See Handout

* **Setting SMART Goals:** See Handout

****Wash hands and review Food Handling Safety****

Chicken Soft Tacos: (or beans, turkey, shrimp, fish or make it a salad!)

Nutritional Value: Serving Size: 1 large or 2 small tacos

Calories: 484 Fat: 17g Carbs: 56.25g Protein: 35g Sodium: 800mg
(depending on brands) Sugar: 6g

Ingredients: 4 servings double for class

1 pound ground or sliced chicken

1 small onion (sliced)

1 bell pepper (sliced, any color)

1 Tbsp olive oil

1 packet Siete Taco Seasoning (to decrease sodium, create your own seasoning)

Whole wheat tortillas (or Siete Almond Flour Tortillas for gluten free option)

1 small avocado sliced

4 oz low fat cheddar cheese (or vegan cheese for a vegan option)

Pico de Gallo (recipe below)

Add oil to large skillet with onions and bell pepper. Cook on medium heat until they begin to soften. Remove from skillet.

Add chicken and ½ of seasoning packet to skillet and cook through to 165 degrees.

Add other half of season packet with water per back of packet and return onion and bell peppers to skillet.

Stir to combine.

Fill one large or two small tortillas with chicken and veggie mix. Top with sliced avocado, 1 oz low fat cheddar cheese and Pico de Gallo.

Pico de Gallo:

Nutritional Value: Serving Size: 2 Tbsp

Calories: 10 Fat: 0g Sodium: 75mg Carbs: 3g Protein: 0g Sugar: 2g (0 added sugar)

4 tomatoes
1 jalapeno pepper (boil for 2 minutes, remove seeds and veins to control heat)
½ onion (diced)
1 handful cilantro (chopped)
¼ Teasp salt
¼ Teasp pepper
½ teaspoon minced garlic
½ Teasp horseradish
Juice of 1 lime

Serve with homemade lemonaid

ENJOY!

As we enjoy our meal together, I will answer questions and give a small sample desert with recipe.

Snack: Nuts & Fruit

Nutritional Value: Walnuts Serving Size: 1/2 ounce (about 7 halves)

Calories: 92 Fiber: 1g Protein: 2g Fat: 9g

Grapes: ½ cup (about 1 handful)

Calories: 52 Fiber: 1g Protein: .5g Fat: 0g Carbs: 15g Sugar: 9g (0 added sugar) Sodium: 2mg

Total calories: 144

Dessert: Greek Yogurt & Fruit Parfait

Nutritional Value: Serving Size: 1.75 cups

Yogurt: ¾ cup = Calories: 120 Fat: 3.5g Sodium: 55mg Carbs: 5g Sugar: 5g Protein: 17g

Mixed Berries: 1 cup= Calories: 65 Carbs: 15g Fiber: 6g Sugar: 9g (no added sugar) Protein: 1.5g

TOTAL: Calories: 185 Fat: 3.5g Sodium: 55mg Carbs: 20g Fiber: 6g Sugar: 14g Protein: 18.5g

Ingredients: 4 servings

3 cups plain Greek yogurt (2%)

4 cups fresh or defrosted frozen mixed berries

Layer yogurt and berries.

For a few more calories, you can DRIZZLE honey or pure maple syrup over the top. For a little crunch, add 1-2 tablespoons of healthy granola.

Granola:

4 cups old-fashioned rolled oats

1.5 cups raw crushed nuts and/or seeds

1 teasp sea salt

½ Teasp cinnamon

½ cup olive oil

½ cup pure maple syrup or honey

1 Teasp vanilla extract

2/3 cup dried fruit (chopped if large)

Preheat oven to 350 degrees and line a baking sheet with parchment paper.

In a large bowl, combine oats, nuts/seeds, salt and cinnamon, stir

Mix oil, syrup or honey and vanilla in small bowl, pour over nut mixture and combine.

Spread mixture on baking sheet in an even layer.

Bake until golden brown, about 20-24 minutes, stirring half way through.

Let cool completely and add dried fruit.

Store in air tight container 1-2 weeks

EXIT SURVEY

Please rate your understanding of the following subjects before taking this class today and after.

1. Rate your understanding of how sugar affects inflammation in the body before this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

2. Rate your understanding of how sugar affects inflammation in your body after taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

3. Rate your understanding of reading food labels before taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

4. Rate your understanding of reading food labels after taking this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

5. Rate your confidence in setting SMART Goals for your health before this Class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

6. Rate your confidence in setting SMART Goals for your health after this class.

Poor 1...2...3...4...5...6...7...8...9...10 Excellent

7. Please leave any feedback you may have on this course **Let's Cook Healthy Together**.

Name: _____

Date: _____
