

The cost of hidden sugar(s) on our Sailors

The average American eats roughly 5,000 tablespoons of sugar per year which is roughly 152 pounds or the weight of one person (2). This equals 3 pounds or 6 cups of sugar per week. Many of today's health disparities are related to the increase consumption of sugar and refined fats as well as the rise of childhood obesity (3). If it's illegal to give a child cigarettes and alcohol, why shouldn't it be illegal to give them refined sugar and refined fats? Readers may not be aware, the food industry intentionally manipulates the food you eat to so you become addicted to sugar or sugar like substance and fat that is added during the processing of it while they reap the benefit in profits from sales with your declining health while eating the foods they produce. How addictive are these sugars? Studies have shown that Oreo cookies when eaten are more addictive than heroin (1) and heroin is an illegal substance. Between 1977 and 1996, the proportion of energy from the consumption of caloric sweeteners rose from 13.1% to 16.0% (a 22% increase), and in 1994–1996, > 30% of carbohydrates consumed in the United States by persons aged ≥2 y came from caloric sweeteners (3). The increased consumption of High Fructose Corn Syrup (HFCS), the prevailing sweetener used to flavor calorically sweetened beverages in the United States, has been found to mirror the growth of the obesity epidemic (3).

What are added Sugars and where can they be found?

Added sugars are sugar or syrups that are added to a food or beverage during the processing/preparation process. This does not include naturally occurring sugars in foods such as fruit and milk.

Names of added sugars to look for on food labels (this is not inclusive)

anhydrous dextrose	molasses
brown sugar	nectars (e.g., peach nectar, pear nectar)
confectioner's powdered sugar	pancake syrup
corn syrup	raw sugar
corn syrup solids	sucrose
dextrose	sugar
fructose	white granulated sugar
high-fructose corn syrup (HFCS)	cane juice
honey	evaporated corn sweetener
invert sugar	crystal dextrose
lactose	glucose
malt syrup	liquid fructose
maltose	sugar cane juice
maple syrup	fruit nectar
Agave	Allulose
Sugar alcohols (sorbitol, xylitol,	Mannitol and several others

Some common foods with hidden sugar (this is not inclusive)

Peanut butter	Ketchup/Catchup
Salad dressing	Yogurt
Granola bars	Frozen meals
Spaghetti sauce	Dried cranberries
Fruit juice	BBQ and other sauces and marinades (teriyaki)
White wine	Canned fruit
Applesauce	Breakfast cereal
Protein drinks	Soups
Breads & crackers	Baked Beans
Pastries (cake, pies, cookies, muffins)	Energy drinks
Candies	Ice creams
Beverages (Soda/coffee/vitamin water)	Carnation Instant Breakfast
Ensure/Boost	Powerade/Gatorade
Canned vegetables	

So how much sugar is recommended and safe to consume?

Dietitians and other health experts recommend getting 10% or less of the daily calories from sugar. This equals 13.3 teaspoons of sugar per day from 2,000 calories. **Note the average 12 ounce soda contains 16 teaspoons of sugar.** 1 soda per day could lead to a weight gain of 15 pounds or 6.75 kg in 1 year.

Are artificial sweeteners better for consumers?

Per the FDA artificial sweeteners that have been approved for use are **Generally Recognized As Safe (GRAS)**. However, studies have shown that frequent consumption of artificial sweeteners lead to increased weight gain and overall increase in BMI (4). Saccharin use was also associated with eight-year weight gain in 31,940 women from the Nurses' Health Study conducted in the 1970s (4).

Why eat less sugar?

Sugar does not provide any additional vitamins or minerals that assist the body in its daily functions to promote energy and a healthy lifestyle. Example: a 2 ounce chocolate bar has 30 grams of sugar and the same calories as three medium bananas. Bananas are low in fat and high in vitamins and minerals and fiber. Even though bananas contain natural sugar they will satisfy your sweet craving while helping make you feel full longer. Natural sugars found in fruit

don't affect the body the same way when eaten as a whole fruit due to the fiber found naturally in the fruit.

Are fat-free snacks better?

No, typically foods are flavored three ways, with fat, sugar and sodium; so if one of the item is removed the other two are increased. Fat-free cakes, cookies and ice cream can have up to twice as much sugar than the regular serving. Looking at the food label ingredient can help determine if that food item is a smart choice.

How to read the Ingredient list.

The food names or substance is listed in the order of the amount it contains, from the most to the least. (e.g Kellogg's Raisin Bran Crunch: Ingredients list: Whole grain wheat, **sugar**, raisins, rice, wheat bran, whole grain oats, **brown sugar syrup**, glycerin, **contains 2% or less of corn syrup**, salt, malt flavor, modified corn starch, **molasses**, palm oil, cinnamon, **honey**, natural and artificial flavor, BHT for freshness). The most abundant item found is whole grain wheat, the second most abundant is sugar, then raisins and so forth. Notice in this one boxed food item it contains five different types of sugar or sugar like substance found in the second, seventh, ninth, 13 & 16 ingredients and this food item is thought to be a healthy choice. Now let me ask you after reading this article, would you consider it to be a healthy choice?

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Resources:

1. <http://www.sugarscience.org/the-growing-concern-of-overconsumption/#.WJit4Gq7pIB>
2. <http://www.dhhs.nh.gov/dphs/nhp/documents/sugar.pdf>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892765/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210834/>

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