

# The Low Down On Sugar Highs!

School  
Nutrition  
Program  
December 2009

**A**ccording to the USDA, the *average* consumption of sugar by the *average* American is over 100 pounds per person per year. We are all guilty of indulging in large amounts of sugar without even knowing it. Sugar can be found in just about every type of processed food from animal cookies to zucchini chips.

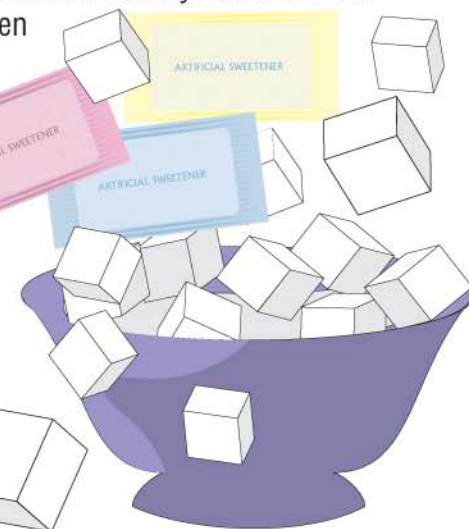
How we got here... sugar has been around since prehistoric times, but through the centuries sugar was found in complex natural sources that had other nutritional qualities, such as fruit. And because naturally sweet food is seasonal, it was not available everywhere all the time. Which means, let's think... people didn't eat it every-day! Fast forward several thousand years... we evolved and figured out how to refine pure sugar from its food source. Sugar became its own food group — an empty calorie, devoid of protein, fat, or fiber!

Eating sugar elevates our blood sugar levels and triggers a spike in the hormone insulin, which is needed to ready cells so they can absorb sugar. If our bodies lack other nutrients to sustain our blood sugar level, it takes a dive, and we crave more sugar! These empty calories take the place of real nutrients and we are in fact, starving our cells.

## Artificial Sweeteners:

There has been much controversy surrounding the topic of artificial sweeteners. Most health professionals believe that normal usage of these sweeteners can be part of a healthy plan to manage one's body weight. However, excessive use of these products has led to various health-related issues and side effects. For example, some studies indicate that artificial sweeteners actually cause the body to crave more food. These sugar substitutes signal an insulin response that in turn signals the brain that the body is hungry, and then food is consumed based on impulses, not because of need, or nutrients. Therefore, it becomes essential that you are aware of your body's true hunger signals. Before eating or drinking, you should always consider the "why" of why you are eating...are you bored, happy, sad, stressed, etc. When you examine the reason you are eating, it is easy to determine if it is emotionally based or whether your body is truly hungry.

In addition, just because a food is made with sugar substitutes does not mean that it is lower in calories or fat. Some manufactures replace sugar with more fat in order to increase consumer acceptability. Hence it is important to read the nutrition label and not just the statements advertised on the package. Learning to look at the label as a whole picture, which tells the "story" of the food, and not solely focusing on individual sections will enable you to make healthier eating decisions.



We can change the health of our community; we can do it slowly and overtime. Begin your journey everyday by remembering moderation is the key to a balanced lifestyle. Don't become overwhelmed by research, reports and rhetoric. Think about you and your family; keep your goals simple and achievable. Start by reducing your sugar intake, not eliminating it. Don't join a health club, just become more active. **It took us years of unhealthy choices to get here; this is not a race, but a wellness walk on the road to better health.**

**Moderation is the key  
to a balanced lifestyle.**

# National Handwashing Awareness Week!

December 6-12

One of the simplest and most effective ways to prevent disease is proper hand washing. Let's work together to remind everyone the importance of handwashing and to encourage proper handwashing procedures. For more information visit: [www.henrythehand.com](http://www.henrythehand.com)

Everyone can participate in National Handwashing Awareness Week by simply following the guidelines below:

- Wash hands before eating and anytime hands are dirty
- Cough or sneeze into elbow instead of hands
- Do not touch eyes, nose or mouth
- Always wash hands after using the bathroom

## For Best Results:

Use large amounts of warm, running water and soap to lather hands and wrists. Scrub for at least 15 to 20 seconds.

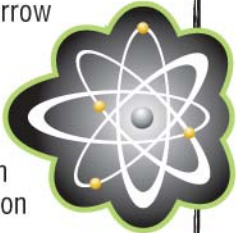


# Brain Games!

## How Sweet It Is?

Turn These Phrases Into Sugary Snacks

- 1 - Today and Tomorrow
- 2 - Close Planet
- 3 - Quiet Chuckles
- 4 - Clumsy Handler
- 5 - The Bambino
- 6 - AKA Superman
- 7 - Sign of Affection
- 8 - Meow
- 9 - Boating Companion
- 10 - Night Time Attraction

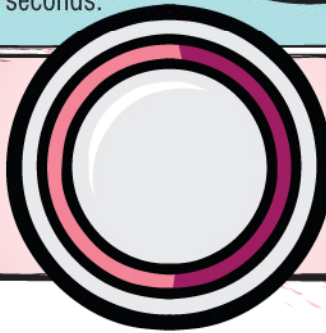


- Answers:
1. Now & Later
  2. Mars
  3. Snickers
  4. Butterfingers
  5. Babe Ruth
  6. Clark
  7. Kiss
  8. Kit Kat
  9. Life Savers
  10. Starburst

Source: PedagoNet

**Best Dressed Fashion Plates Choose:**

Fresh Fruits  
Reduced Sugar Snacks  
Food Sweetened with Natural Sugars



**Candies & Snacks Sodas Processed Foods High in Sugar**

**Best Dressed Fashion Plates Consume Less:**

© 2009 Brazeal Consulting LLC , All Rights Reserved



1100 Main Street  
Perry, Georgia 31069

NON-PROFIT ORG.  
US. POSTAGE PAID  
PERRY, GA 31069  
PERMIT NO. 31

Give yourself  
10 more points  
when you cut back  
on soft drinks  
and choose H2O.

For more information, please contact us or visit our website.

<http://www.hcbe.net/nutrition/>

Jeannine Hill, Director, [jeannine.hill@hcbe.net](mailto:jeannine.hill@hcbe.net) • Meredith Potter, Dietitian, [meredith.potter@hcbe.net](mailto:meredith.potter@hcbe.net)