



## Hidden Sugars and Sugar Substitutes

01

### The Many Names of Sugar and Sugar Substitutes

Read food labels closely, and you'll be shocked how many foods marketed as "healthy" contain massive amounts of added sugar. In fact, many foods labeled as "diet," "low-fat" or "no-fat" simply replace the fat content with sugar or sugar substitutes.

To make it even more complicated, you're not just looking for the word sugar on the food label! There are at least 61 different names for sugar on food labels depending on the specific type of sugar used. To steer clear of the most common ones, look for and avoid:

- Sucrose
- Aspartame
- Saccharin
- Molasses
- Cane juice
- Agave nectar
- Barley malt
- Dextrose
- Maltose
- Glucose
- Maltodextrin
- Rice syrup
- High fructose corn syrup  
(yes, it's just as bad for you as you've heard)

The best way to avoid hidden sugars is to primarily consume fresh foods that don't have labels or contain single ingredients: whole grains, fruits and vegetables, lean protein, nuts, seeds and legumes.

#### Monthly Activity

##### *Monitor Your Diet and Complete a Meal Planner*

This activity focuses on gradually improving your diet, with each week building on the previous week's progress.



### Can't Fight the Craving? Choose a Healthier Alternative

These sweetener options are healthier than table sugar, but they can still derail your diet—be careful not to overuse them:



**Honey** is an all-natural sweetener with a wide array of vitamins, minerals, amino acids and antioxidants. Try it as a marinade, as a sauce or in tea! To swap sugar for honey in a recipe, simply use the same amount of honey as you would sugar.



**Stevia** is a low-calorie sweetener that comes from a plant native to Paraguay and Brazil. It is 200 times sweeter than table sugar, so a little goes a long way. Experiment until you find the right sweet spot for you!



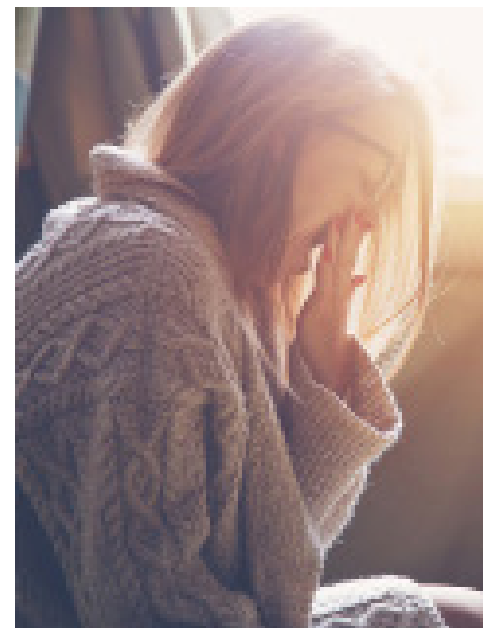
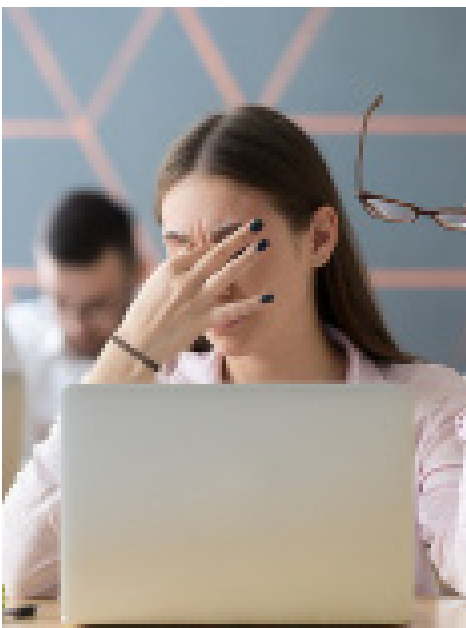
## Impact of Sugar on Your Health

02

### Health Risks Aren't So Sweet

Most people know that North Americans eat far more than the recommended daily dose of sugar, which is up to 25 grams per day for women and up to 36 grams per day for men. In fact, the average person consumes about 77 grams of added sugar per day—That adds up to about 60 pounds of extra sugar every year! What are the effects of all those extra sweets?

Symptom	Why
<b>Irritability and low energy levels</b>	<i>Sugar causes your glucose levels to spike and plummet, which can lead to mood swings, fatigue and headaches.</i>
<b>Gum disease and tooth decay</b>	<i>Sugar causes tooth decay more efficiently than any other food. Another not-so-fun fact: gum disease can increase your risk of heart disease. Remember to brush at least twice per day!</i>
<b>Obesity, heart disease and diabetes</b>	<i>Added weight and general poor nutrition greatly increase your risk factor for these and other diseases.</i>
<b>Cognitive decline and dementia</b>	<i>Long-term, high-sugar diets have been shown to impair memory and increase risk of cognitive issues, such as dementia.</i>
<b>Accelerated aging</b>	<i>When sugar enters your bloodstream, it attaches itself to proteins, causing your skin to lose elasticity and become more wrinkled and saggy.</i>





## Eating Healthy on a Budget

03

### Eat Healthy Without Breaking Your Budget

It's an unfortunate truth that eating healthy can sometimes be more expensive than eating the tasty, junky stuff, and 10 frozen pizzas for \$10 can seem like a better deal than spending the same amount (or a little more) on a whole-wheat crust, low-fat cheese and fresh veggie toppings, at least until you compare the nutrition information.

**But eating healthy doesn't have to cost an arm and a leg. Here are four ways to sustainably and dramatically reduce your sugar intake without spending a lot of extra cash:**

#### **Eat breakfast.**

Start your day off with something inexpensive, delicious and low in sugar, such as honey-sweetened oatmeal or eggs and toast, to feel full until lunchtime and reduce unnecessary snacking.

#### **Drink water.**

Save money and calories by skipping nutrition-free sodas and artificial juices. Even 100% fruit drinks often rival soda for sugar content, as do many teas and flavored waters.

#### **Buy unsweetened foods.**

Reduce your spending on costly dessert items and snacks by making sure you only purchase items without added sugar.

#### **Look for savings on in-season fruits and vegetables.**

This is also a great way to try new foods and expand your horizons!





## Recipe

04

### Spicy Buffalo Chicken Wraps

*Easy to make and full of flavor.*

#### INGREDIENTS

- 4 oz, Breast, Boneless, Skinless, Baked
- 4 wedge, Creamy Queso Fresco Chipotle
- 6 fluid ounce, Greek Yogurt
- 0.25 cup(s), Buffalo Style Hot Sauce
- 1 cup, chopped, Celery
- 0.25 tsp, ground, Black pepper
- 1 Tortilla, Whole Wheat Tortillas
- 4 cup, shredded, Romaine lettuce
- 1 cup, chopped or diced, Tomatoes
- 0.25 cup, chopped, Red onion
- 2 cup, Reduced Sodium Chicken Broth

#### INSTRUCTIONS

1. Add the chicken broth and chicken to a sauce pan over medium heat, then cover and bring to a boil.
2. Reduce heat to medium-low and simmer for 10-12 minutes or until chicken is cooked through.
3. Drain the liquid from the chicken and shred it after it cools.
4. In a mixing bowl, coat the shredded chicken with the yogurt, buffalo sauce, celery, salt and pepper. Set the bowl aside.
5. Warm each side of the tortillas in a skillet, then spread half a wedge of cheese on each tortilla.
6. Place a ½ cup of the chicken mixture in each tortilla and top with ½ cup lettuce, ½ cup tomato and 1 tablespoon of red onion.
7. Roll up the tortillas and serve with additional buffalo sauce for dipping, if desired.

#### Total Time (Cook and Prep):

30 minutes

#### Servings: 4



#### NUTRITION INFO

(per serving)

154 calories

5 g fat

23 mg cholesterol

900 mg sodium

15 g carbohydrates

3 g fiber

15 g protein



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## Activity

### Monitor Your Diet and Complete a Meal Planner

Do you know how often you consume unhealthy ingredients and foods, such as high fructose corn syrup, partially hydrogenated oils (trans fats) and items high in sodium? If you've never tracked your diet, you might not—it's hard to get a handle on how much you casually snack during the day when you aren't monitoring it, especially if you're extremely busy, travel often or work in an office with an abundance of snack foods.

That's why this activity focuses on monitoring your diet and gradually improving your nutrition. Each week builds on the previous week's progress!

#### Week 1: Start Trackin'

You don't have to change your diet just yet, although you're welcome to get a head start if you'd like. This week, simply track what you eat each day—meals and snacks. At the end of the week, pick three unhealthy items to avoid and list a healthy substitution you enjoy for each item. You can list an ingredient (high fructose corn syrup), a category (trans fats) or a specific food item (cookies)—whatever makes the most sense for you.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

#### Foods to Avoid Next Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Healthy Substitution

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## Week 2: Time to Use Your Substitutes

Make sure you choose substitutions you enjoy to ease yourself in to a healthier diet! This week, implement your substitutions from last week and continue to track the foods you eat. At the end of the week, choose another three unhealthy ingredients or foods to avoid, as well as another three substitutions. You'll continue to eat healthier every week!

### Foods to Avoid Next Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Healthy Substitution

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

## Week 3: Complete a Week-Long Meal Plan

Okay, now we're swapping out enough food that a little planning is in order. This week, continue to write down what you eat, and implement your substitutions from both week one and week two. At the end of the week, plan your final week of meals in advance to help you stay on course! If you need to, continue to gradually trade unhealthy foods and ingredients for more nutritious options.

### Foods to Avoid Next Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Healthy Substitution

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							



<b>Week 4 PLAN</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							

#### **Week 4: Set Yourself Up for Success in the Future**

Once again, track what you eat each day. Were you able to stick to your meal plan? What obstacles made it more difficult, and how can you plan for them in the future? Consider what works best for you, then do your best to maintain these changes—and continue to meal plan—next week and beyond.

<b>Week 4 ACTUAL</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks, Misc.							





# The Many Names of Sugar and Sugar Substitutes

**Sugar by any other name is still bad for your health. Read food labels and steer clear of ingredients that indicate added sugars and sugar substitutes:**

- High fructose corn syrup (yes, it's just as bad for you as you've heard)
- Sucrose
- Aspartame
- Saccharin
- Molasses
- Cane juice
- Agave nectar
- Barley malt
- Dextrose
- Maltose
- Glucose
- Maltodextrin
- Rice syrup

## YOUR WELL-BEING ACTIVITY

MONITOR YOUR DIET AND COMPLETE A MEAL PLANNER

The activity focuses on gradually improving your diet, with each week building on the previous week's progress.







# Employer Activity Tracking

I, \_\_\_\_\_, completed the Monitor Your Diet and Complete a Meal Planner  
2020 Well-being Activity.

Print Name Here

☐ **Step One:** I tracked my food intake (meals and snacks) each day of the challenge.

☐ **Step Two:** I completed a meal planner for Week 4 and followed it each day.

Signed,

\_\_\_\_\_

Date

\_\_\_\_\_