The Problem with Sugar



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A program of Partner for a Haddhar Connectanty Inc. Cline Community Control Notice Internet Intel Union Mon March 20 1999-524-2017 Annual Final Engl Con TelePartners Annual products of the Second



- Asked children and parents to pledge to cut back or cut out soda and sugarsweetened beverages for the summer
- Provided a fact sheet to parents
- Provided information to teachers



Healthy City Fall River One Securitized Carter, Room 422 Nati River, MA 42722 S96-394-3411 avver Healthy City Fall River, oro

Soda Free Summer Invitation

Hoalthy City Fail Blow has launched a Seda Free Summer Pacitys instaliants of Always in the City Visc/

- Americans are availableng 22 treaspoors of sugar each day, and its firm to out way back, the American Heart Anomalien says.
- Must of that added segar corress from soft device and correly a whopping 365 calories, the equivalent of guidding two carrs of softe and weing a chocolate ber every dept.
- In 2009 28 5% of Fail River adults were considered obene and 57 8% in Southeaston Menachusetts were considered exerveragit in 2009
- · In 2009, 31 Phy of Fail Hover sufficiel students were either averyeight or obese

The balance from doming one 12-autor can of super summined betweepe per day (150 kba) can result in parmig 15 extra pounds per year, or 25 extra pounds for a 25 outoe battle of sola.

- An average adult would have to walk 20 minutes at a moderate pace to bem off the colores in a 12 ounce indo
- A 75 pound child would react to bicycle vigorously for 30 results: to burn off the subales to a 12 sunce sodia.
- · Bada gate, and spicht direkt taat also tease thekal condition

instead of sola and other sugary draws, what should children be drawing?

- · Water-all you want, preferably from the tap or a bubbler
- Visu contains a splitery of 100% fruit pices to piccos of real fruit to excite your serve flowered waters.
 Bodium free settaw, as much as you want
- Mile performing the fat and can fingered types

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- · Frutultes (formende, etc.)
- Juce methyl gate cocktalls







- Launch in the final weeks of school
- Displays at CD-Rec Summer Kick-off and Head Start Spring Fling
- Presentations at 21st Century and Camp Welch
- Posters in all Fall River buses
- "Don't get smacked by fat" 30second spot ads on cable TV



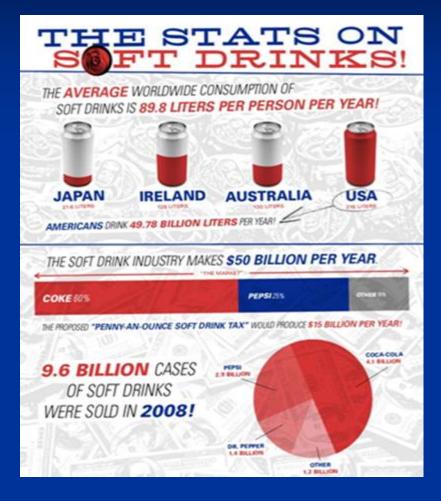
- The average person eats almost
 175 pounds of sugar a year, about
 half a pound of sugar every day,
 most of it from sugary drinks!
 Sugar has no nutritional value and
 only adds calories.
 One third of Fall River children
 - are overweight or obese, putting them at risk of lifelong health problems such as diabetes and heart disease.

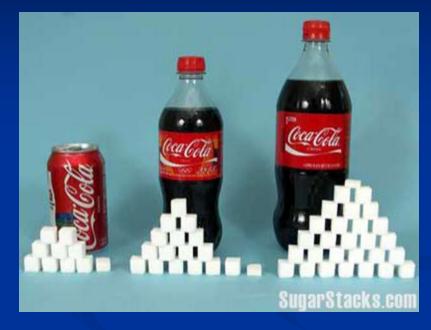


Canning Tooth Decay is a program sponsored by the Massachusetts Dental Society (MDS) to educate students, teachers, and parents on the effects that too much soda can have on oral health.

- Foods that contain sugars of any kind can contribute to tooth decay
- Drinking soda three or more times a day increases the risk of dental cavities by 179 percent.
- Repeatedly exposing dental enamel to carbonated beverages weakens and may permanently destroy enamel.
- Children between the ages of 8 and 17 are at the greatest risk for tooth decay from consuming acidic, sugar-rich soft drinks because the enamel protecting their teeth has not fully developed.

Soda is the biggest problem





- The average American drinks over 56 gallons of soda per year, about 1.75 sodas per day.
- 15 billion gallons of soda are sold in America each year

Soda is the biggest problems



7 Side Effects of Soda

Phosphoric Acid - Weakens bones and rots teeth

Excessive artificial sweeteners makes you crave more

Carmel Color - Made from the chemical caramel, is purely cosmetic, it doesn't add Flavor yet is tainted with carcinogens.

Formaldehyde - Carcinogen, it is not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol = Formic acid - Formaldehyde (diet sodas)

r a a m Pr da ke ber

High Fructose Corn Syrup is a Concentrated form of sugar, fructose derived from corn. It increases body fart, choiseterol and triglycerides and it also makes you hungry.

Potassium Benzoate = preservative that can be broken down to benzene in your body. Keep your soda in the sun and benzene = Carcinogen

Food Dyes = impaired brain function, hyperactive behavior, difficulty focussing lack of impulse control

Drinking one soda per ightarrowday increases a child's risk of becoming obese by 60% and the risk of developing metabolic syndrome by 44% Drinking two sodas per week increases the risk of pancreatic cancer by 87% Drinking two sodas per • day increases the risk of gout by 85%

How does soda affect health?

DISSOLVES TOOTH ENAMEL

REART DISEASE

risk of both mainful and heart disease

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A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

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Sources: AssociatedContext.com / PaterfortReas.com / Ionizes.org / NYTInes.com / Helium.com / AMRA.org / KidneyFund.org / CDC.gov / Nutrition.Buile/101.com / Americanitost.org / Chetalap.com / NOF.org / Wornation.provided by TerreLatinsarance.org

Frequent soda consumption can result in a number of health problems:

- Dissolves tooth enamel
- Osteoporosis igodol
- Kidney issues igodol
- Obesity ightarrow
- Heart disease igodol
- Diabetes
- Fatty liver disease ightarrow

Water is the best alternative!





- Water, in any form
- Non-flavored milk
- Seltzer

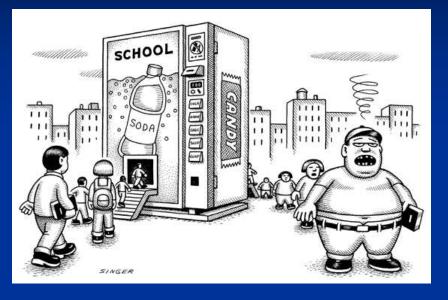


• Unsweetened coffee or tea





We are removing soda from schools



The "Act Relative to School Nutrition," signed into law on July 30, 2010, requires the Mass. Department of Public Health to establish standards for competitive foods and beverages sold or provided in public schools during the school day.

The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate life-long healthy eating behaviors. The standards are part of the Commonwealth's broad-based, collaborative initiative to reduce childhood obesity and prevent its complications in childhood and later in adulthood.

The problem is bigger than soda





An 8 oz. glass of orange juice contains 112 calories, 21 g of sugar

One 15.2 fl oz bottle of Minute Maid Apple Juice has 52 grams of sugar, the same amount of sugar in about 25 Dunkin Donut sugared munchkins.

Many popular fruit drinks marketed to children can have the same, if not more sugar as a candy bar, and many use artificial sweeteners.





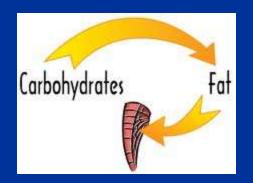
What's the problem with sugar?

- Sugar provides nothing of nutritional value; it only adds calories that most of us don't need
- Because our brain is pre-programmed to like sugar, we rarely object to sweetness, and now expect many of our foods to be sweet
- Added sugar is often given different names: Dextrose, Evaporated cane juice, Fructose, Fruit juice concentrates, Glucose, High-fructose corn syrup, Honey, Invert sugar, Lactose, Maltose, Malt syrup, Molasses, Sucrose, and Syrup
- 59% of added-sugar calories come from foods and 41% from beverages
- Added sugar is obviously in cakes, candy, cookies, muffins, cereals, jams, dried fruits, chocolates and ice cream but it is also "hidden" in such foods as pasta sauce, ketchup, salad dressing, yogurt, peanut butter and even bread!



Some carbs are better than others







All carbs are made from sugars and convert to glucose in the body and are stored as fat if not burned (exercise)

Simple carbs (sugars) convert to fat easily

 Complex carbs (starches, cereals, some vegetables and legumes) take longer

Refined (white) flours convert to fat faster than whole grain flours

Excess carbs lead to weight gain

Whatever glucose from digested carbs that is not immediately "burned" by muscles or our brain or used for heat is converted by insulin to stored fat Stored fat is only "burned" when too little glucose is available To burn fat, one has to reduce available glucose, primarily by reducing carb levels

Caloric balance & insulin resistance

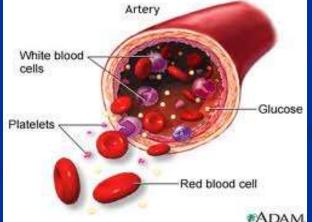
" "Calories in-calories out" does not take into account how our bodies actually work The type of food we eat matters as much as how much we eat Insulin is the hormone that is primarily responsible for glucose Activity Food conversion to fat

When we gain too much weight over the years, we become "insulin resistant"

Diabetes development

When fat cells no longer accept glucose, our blood sugar levels remain too high
Consistently high blood

sugar levels are considered pre-diabetes or diabetes



Chronically high blood sugar over time results in damage to the heart (heart disease), kidneys, retinal blood vessels and nerves (neuropathy)

What to do to prevent this

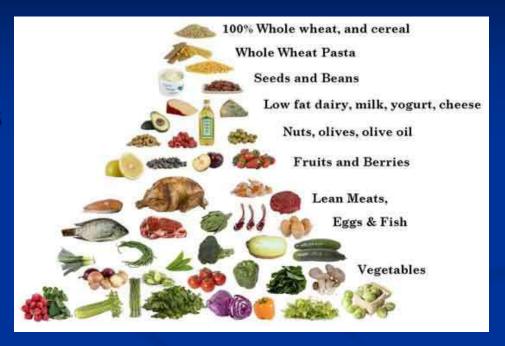
- Reduce carbohydrate intake, especially of refined sugars and flours
- Increase muscular exercise to "burn" available blood glucose, as well as increasing heart health, muscle mass, strength, flexibility and bone density
- Increase healthy fat intake to reduce hunger and to prevent "diet failure"



"Inside me there's a thin person struggling to get out. Hopefully he's burning a lot of calories!"

Lower carb diets work

Atkins Diet
Carbohydrate Addict's
Glycemic Index
Hampton 's Diet
Mediterranean Diet
The Paleo Diet
South Beach Diet
The Zone Diet



Or, better yet, your own food choices based on what you learn about healthy foods & cooking

All reduce carbs & add healthy fats & protein

Why don't more people use them?

We have been advised to eat low fat diets <u>We've been told that low-carb diets are bad</u> Moun Research did not initially support low carb Powerful sources have influenced dietary recommendations (e.g., grain growers) Low-carb diets can be difficult to follow because carbs are inexpensive and easily available; noncarb fats and proteins are not



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"The high-carb diet I put you on 20 years ago gave you diabetes, high blood pressure, and heart disease. Oops."