



EMPower with Wellness

YOUR EMPLOYEE WELLNESS SOLUTION

PDCM Insurance

Wellness Newsletter
April 2015 Edition 71

OH, SUGAR!

Americans are drowning in sweet stuff. We're eating and drinking about 22 teaspoons per day – some 355 calories – equal to about 150 pounds per year! Our daily intake of added sugar is 2-3 times more than the recommended limit of 6 teaspoons for women (9 for men).

SUGAR SHOCKERS { There are more than 200 types of added sugars used in processed foods and beverages. Added sugars are used in more than 75 percent of the products sold in supermarkets—often in unexpected items, like bread, salty snacks and condiments.

46 names for added sugars

USED IN PROCESSED FOODS AND BEVERAGES:

- | | | |
|--------------------------|---|---------------------|
| 1. Agave | 17. Diatase | 32. Lactose |
| 2. Barley malt | 18. Date sugar | 33. Maltodextrin |
| 3. Beet sugar | 19. Dextrin | 34. Maltose |
| 4. Blackstrap molasses | 20. Dextrose | 35. Maple syrup |
| 5. Brown sugar | 21. Diastatic malt | 36. Palm sugar |
| 6. Brown rice syrup | 22. Evaporated cane juice | 37. Raw sugar |
| 7. Cane sugar | 23. Fructose (High fructose corn syrup) | 38. Rice syrup |
| 8. Cane juice | 24. Fruit sugar | 39. Refiner's syrup |
| 9. Caramel | 25. Galactose | 40. Saccharose |
| 10. Carob syrup | 26. Glucomalt | 41. Sorghum syrup |
| 11. Coconut sugar | 27. Glucose | 42. HSucrose |
| 12. Coconut palm sugar | 28. Grape juice concentrate | 43. Sugar |
| 13. Confectioner's sugar | 29. Grape sugar | 44. Treacle |
| 14. Corn sweetener | 30. Honey | 45. Turbinado Sugar |
| 15. Corn syrup | 31. Invert Sugar | 46. Xylose |

THE 5 MOST COMMONLY USED SWEETENERS:

Corn syrup, sorghum, cane sugar, high-fructose corn syrup, fruit juice concentrate.



A cup of fruit-on-the-bottom yogurt can have 30 or more grams of sugar—some 7-8 teaspoons!

Top 5 sources of added sugars



sweetened beverages



baked goods



dairy desserts



candy



cereal

13 SCARY SIDE EFFECTS OF TOO MUCH SUGAR

Obesity, type 2 diabetes, tooth decay, heart disease, premature aging, fatty liver, poor memory, weaker bones, inflammation, kidney stones, acne, depression, belly fat

Sources: USDA, ERS. Agriculture Fact Book. Profiling food choices in America. <http://www.usda.gov/factbook/chapter2.pdf>
Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2009 Sep 15;120(11):1011-20. doi:

RECIPE OF THE MONTH:

Easy No-Bake Protein Energy Bites

INGREDIENTS:

- 1 cup oats (use gluten-free oats if needed)
- 1/2 cup peanut butter
- 1/2 cup unsweetened desiccated coconut (optional)
- 1/2 cup mini chocolate chips
- 1/3 cup honey
- 1/4 cup chia seeds
- 2 tablespoons vanilla protein powder
- 2 tablespoons flax seed

Instructions

- Mix all the ingredients together in a bowl until it looks like an evenly distributed uniformed dough.
- Roll the dough into twenty-four 1-1/2 inch balls.
- Refrigerate the bites for 30 minutes.
- Store in an airtight container in the refrigerator for up to a week.

Nutrition Info: (per ball)

Calories: 110
Fat grams: 6.5g
Carbs: 11.8g
Protein: 3.1g
Fiber: 2g

*makes 24 balls

Questions or Comments: Please contact
Liz DeJode
Health Promotion & Wellness Consultant
PDCM Insurance
319.234.8888 ldejode@pdc.com

PDCM
INSURANCE

SMARTER.