



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between RU Dining Services and the New Jersey Institute of Food, Nutrition, and Health



### WHICH SWEET SHOULD I EAT?

Let's not sugarcoat it; the sugar-intake of Americans has been on the rise since the 1970s. What's the real problem? The amount of *added* sugar that we consume.

#### Satisfy your Sweet Tooth

You are what you eat, so choose to eat whole, fresh foods. Choosing whole foods like fruit or sweet potatoes that are naturally sweet (no added sugars) can help satisfy that sweet tooth while packing a nutritious punch. Create your own yogurt and fruit parfait for a boost of calcium, fiber, and vitamin C. Parfaits are delicious: just ask Donkey from Shrek! Not sweet enough? Try adding spices like cinnamon to enhance the sweet taste without adding sugar.

#### The Hype about High Fructose Corn Syrup (HFCS)

Confused about the hype over HFCS? While scientists may not have enough research-based evidence to draw a decisive conclusion, they do know that HFCS is very similar to sucrose (table sugar). HFCS is typically added to items like soda and processed sweets. Some research suggests an association with increases in HFCS intake and the rise in obesity and diabetes. However, overconsumption of total added sugar has also been on the rise, along with a decrease in physical activity, making it difficult to pinpoint one culprit. What do we know? HFCS is considered an added sugar, and as with all added sugars, these should be limited and consumed in moderation.

#### Investigate the Ingredients:

If you're eating a packaged food item, check out the Nutrition Facts label. "Sugar" often refers to both naturally occurring (i.e. the sugars that are found in fruit and dairy) *and* added sugars. As a helpful tip, look at the ingredient list and watch out for words like Dextrose, Levulose, Maltose, Molasses, and Natural Sweeteners- these are all sources of added sugar. The new Nutrition Facts label will include added sugars in addition to total sugar amounts in food products. All foods with a Nutrition Facts label must be in compliance by 2018.

Nutrition Facts	
<b>8 servings per container</b>	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
<b>10%</b>	<b>Vitamin D</b> 2mcg
<b>20%</b>	<b>Calcium</b> 260mg
<b>45%</b>	<b>Iron</b> 8mg
<b>5%</b>	<b>Potassium</b> 235mg

#### Natural vs. Artificial: Fake it 'til You Make it or Stick to the Real Deal?

Now you know: eat less added sugar and check the nutrition facts label. But what about artificial sweeteners? The 2015-2020 Dietary Guidelines for Americans state that when consumed in moderation, approved artificial sweeteners are safe for the general population. Based on current research, even those considered as "high consumers" of artificial sweeteners are not estimated to exceed the acceptable daily intake. Bottom line: for a healthy lifestyle, try not to consume copious amounts of added sugar or artificial sweeteners: sometimes less is more!

*"Is there sugar in syrup?" –Buddy the Elf*

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References: *Questions and Answers about Fructose* Available at: [http://www.foodinsight.org/Questions\\_and\\_Answers\\_About\\_Fructose](http://www.foodinsight.org/Questions_and_Answers_About_Fructose), Accessed on: Sept. 24, 2016. *Current Eating Patterns in the United States*, Available at: <http://health.gov/dietaryguidelines/2015/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>, Accessed on Sept. 24, 2016. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8<sup>th</sup> Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

Questions? Follow our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>