



A Sweet Place to Visit!

It might be rainy and cloudy at times in this west coast city, but the folks of Sweetattle, Washington are sweet on eco-friendly lifestyles and the progressive music scene that punctuates the lively urban climate. Welcome to Sweetattle: one sweet place to live (and visit!).

The history of this city is an interesting one. Founded in the early 1900's by sweet-talking Sam & Suzy Syrup, Sweetattle residents made their living working in the Sugar Shack Factory producing candies, cakes, and cookies to be sold throughout the country. And as their paychecks became larger, so too did their waistlines, as frequent sampling of the sugar-laden treats was just part of the job.

Those days are long gone now. Sweetattle residents now know firsthand the health toll that a diet high in added sugar can take on friends and family members. Now, residents focus their attention on fruits, vegetables, whole grains, lean protein and low-fat milk, and feel better than ever before!

A bit of detective work is often needed to decipher whether or not a food or beverage contains added sugars. Food manufacturers are not required to list the amount of added sugar in a product on the nutrition food label. The amount that appears on the nutrition fact panel is the total amount of sugar and includes naturally-occurring sugars as well as those that are added.

In order to determine if a food or beverage contains added sugars, you will need to read the ingredient list. Sweeteners that add calories to a food or beverage go by many different names. If you see any of the following on the ingredients list, you know the food or beverage contains added sugars.

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|--------------|--------------------------|------------|
| Brown sugar | Corn sweetener | Corn syrup |
| Dextrose | Fruit juice concentrate | Fructose |
| Glucose | High-fructose corn syrup | Honey |
| Invert sugar | Lactose | Maltose |
| Malt syrup | Molasses | Raw sugar |
| Sucrose | Sugar | Syrup |
| Agave | | |

Sweettattle residents love their green spaces. Nestled between office buildings and sprinkled among homes and apartments in quaint local neighborhoods, Sweettattle boasts hundreds of green spaces that are fabulous outdoor recreation venues.

It is in one of the most popular of green spaces, Honey Sweet Park, that we met up with M. Smart, a professor of health and nutrition at Well U College. A leading researcher in the field of sweetology, here is what Dr. Smart has to say about sugar and the American diet:

Question: What is the difference between added sugars and naturally occurring sugars?

Dr. Smart: Added sugars are any sweeteners/sugars that are added foods during processing. Naturally occurring sugars are found naturally occurring in foods. The lactose in milk and the fructose in bananas are examples of naturally occurring sugars.

Question: If Americans need to cut back on sugar consumptions, why do food processors add to foods?

Dr. Smart: The average American has an insatiable appetite for sweetness. Manufacturers add sugar to enhance the flavor of foods and encourage consumption.

Question: How much added sugar does the average American consume each day?

Dr. Smart: A national health survey revealed that Americans get about 22.2 teaspoons of sugar a day or about 355 calories. Teens and men consume the most added sugars.

Question: Which foods and beverages are the main sources of added sugar in the American diet?

Dr. Smart: Americans consume large amounts of added sugar from regular soft drinks, candy, cakes, cookies, pies; fruit drinks; dairy desserts and milk products (ice cream, sweetened yogurt, and flavored milk).

Question: How much added sugar is too much in the diet?

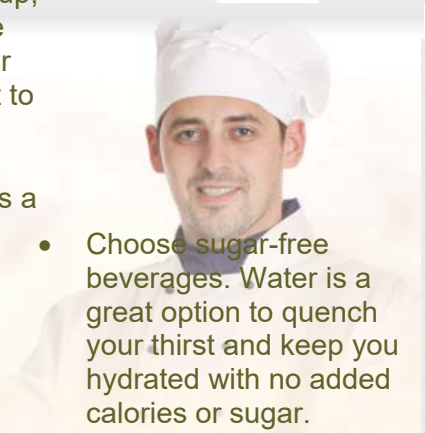
Dr. Smart: The American Heart Association recommends most American women aim for no more than six teaspoons of added sugar per day. That is the equivalent of about 100 calories. The average male should limit added sugar consumption to no more than 9 teaspoons or 150 calories per day.

Question: Why should I be concerned about my added sugar intake?

Dr. Smart: Sugar's primary role in the body is to provide energy (calories). Typically, foods high in added sugars do not have the nutrients the body needs and only contain extra calories. This often contributes to weight gain. Not to mention that sugars play a significant role in causing cavities.

The recipe might call for one cup of sugar but the chefs-in-training at Puget Sweet Cooking Academy have a few tricks up their sleeves to keep their culinary cuisine healthy.

- Buy fresh fruits or fruits canned in water or natural juice. Avoid fruits canned in syrup.
- Try using only half of the sugar called for in a recipe when baking cookies, brownies, muffins, or cake. Don't be surprised if you aren't able to taste the difference.
- Substitute unsweetened applesauce for sugar in recipes. Start by using equal substitution amounts and adjust as needed.
- Spices such as ginger, allspice, cinnamon and nutmeg can be used to bolster flavor instead of relying on the sweetness of sugar.
- Remove sugar, syrup, and honey from the table to reduce your temptation to add it to foods.
- Choose sugar-free beverages. Water is a great option to quench your thirst and keep you hydrated with no added calories or sugar.
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WELLNESS CHALLENGE

SWEETATTLE, WASHINGTON

Minus One:

Added sugar is in many of the snacks, treats, and beverages that we consume each day. Most folks can identify at least one source of unnecessary added sugar in their diet. And this challenge is all about reducing the amount of added sugar we consume.

This month, HealthTrip travelers are challenged to eliminate one source of added sugar each day. It might be that doughnut in the morning, gourmet coffee drink on the way to work, soda with lunch, or the cookie before bed.

You can eliminate the same food each day or opt to forgo a different source of added sugar each day. The decision is yours!

- | | |
|-------------------------------------|-------------------|
| ___ Carbonated soda (20 fl. oz) | A. 3.5 teaspoon |
| ___ Sweetened iced tea (16.9 fl oz) | B. 4 teaspoons |
| ___ Chocolate milk, 2% (8 fl oz) | C. 8 teaspoons |
| ___ Chocolate chunk cookie (3 oz) | D. 11 teaspoons |
| ___ Cinnamon roll (7.8 oz) | E. 12 teaspoons |
| ___ Pumpkin scone (4.2 oz) | F. 14 teaspoons |
| ___ Vanilla latte (16 fl oz) | G. 17.5 teaspoons |

ANSWERS, TOP TO BOTTOM: G, E, A, C, F, D, B



The folks at the world-famous ‘Sweetattle’s Best’ Coffee Shop make it easy for patrons to eat healthy. Pick up any menu and you will find the amount of added sugar listed right next to each menu item.

“At first customers were shocked by the amounts found in some of their favorite restaurant fare,” recounts ‘Sweetattle’s Best’ veteran barista, Mo Lassias. “But what it did for most customers was provide them with an opportunity to make a more informed food decision.” See if you can match the amount of added sugar to the correct coffee shop menu item to the left. Place the correct letter in the box next to the item.

Don't forget to download your Travel Log here:

<https://www.weber.edu/wsuiimages/employeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Sweetattle%20Travel%20Log.pdf>

UPCOMING EVENTS:

Cooking Demo: Wednesday, October 21

Training Tracker # 810-13