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

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!



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# Impact of Sugar on Your Health

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## 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 20 grams per day for women and up to 36 grams per day for men. In fact, the average person consumes about 66 grams of added sugar per day—That adds up to about 53 pounds of extra sugar every year! What are the effects of all those extra sweets?

### Symptom

### Why

**Irritability and low energy levels**

*Sugar causes your glucose levels to spike and plummet, which can lead to mood swings, fatigue and headaches.*

**Gum disease and tooth decay**

*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!*

**Obesity, heart disease and diabetes**

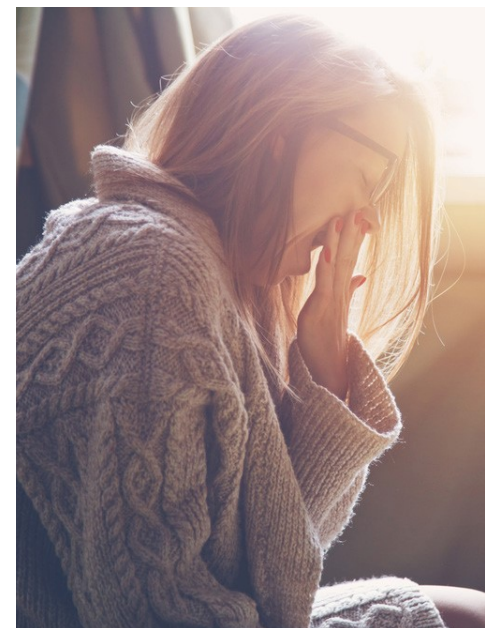
*Added weight and general poor nutrition greatly increase your risk factor for these and other diseases.*

**Cognitive decline and dementia**

*Long-term, high-sugar diets have been shown to impair memory and increase risk of cognitive issues, such as dementia.*

**Accelerated aging**

*When sugar enters your bloodstream, it attaches itself to proteins, causing your skin to lose elasticity and become more wrinkled and saggy.*





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# Eating Healthy on a Budget

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## 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!







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## Recipe

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### Spicy Buffalo Chicken Wraps

*Easy to make and full of flavor.*

#### INGREDIENTS

- 3 cups reduced-sodium chicken broth
- 1-pound boneless, skinless chicken breast
- 4 wedges creamy queso fresco chipotle (The Laughing Cow® brand or a like product)
- 6 ounces non-fat plain Greek yogurt
- ¼ cup buffalo sauce
- 1 cup diced celery
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Whole wheat tortillas
- 4 cups romaine lettuce
- 1 cup diced tomato
- ¼ cup thinly sliced red onion

#### 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)

335 calories

10 g fat

10 mg cholesterol

1560 mg sodium

29 g carbohydrates

16 g fiber

43 g protein