

health awareness



CTSI

A COUNTY HEALTH POOL PUBLICATION

JUNE 2016



Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving

Calories Calories from Fat 31

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol 0mg

3mg

Sodium 39g

HIDDEN SUGAR IN YOUR FOOD

It's almost summertime which means picnics, sporting events, vacations, and decadent treats and food! When you eat that cotton candy or funnel cake and enjoy that strawberry lemonade at the county fair, you *know* you're eating sugar. But did you know that the frozen TV dinner you ate last night might have the same amount of sugar as 16 Gummi Bears? Or that whole wheat bread you use to make sandwiches has almost a teaspoon of sugar per slice? The gig is up: There are "hidden sugars" galore in your food.

Sneaky Sugars

Food manufacturing companies use added sugars in almost three-quarters of their packaged products. The label might lead you to believe the item is nutritious, like instant oatmeal and peanut butter. Do you think

tomato sauce and crackers are sugar-free? Nope. The key is to investigate and make yourself more knowledgeable about hidden sugars in your food.

The volume of added sugars in foods translates to excess calories. Obesity studies also point to the larger issue of higher levels of cholesterol, triglycerides, blood pressure, and insulin levels. Research has linked an overload of added sugar to an increased risk of type 2 diabetes, heart disease, and obesity.

Natural Sweeteners vs Added Sugars

Natural sugars occur in fruit, milk and some vegetables like sweet potatoes, carrots, and beets. "The sugars found in dairy and fruit come in smaller doses and are packaged with fiber, protein, vitamins, and minerals, which means they don't affect

your blood sugar as drastically," says Rachel K. Johnson, Ph.D., R.D., a professor of nutrition at the University of Vermont and a member of the Institute of Medicine panel.

The Sugar Mystery

The mission is clear: Avoid added sugars. The Nutrition Facts label on products seems like a good place to start. The current label combines added and natural sugars together under the name "total sugars." After years of lobbying for changes, the Food and Drug Administration (FDA) is proud to unveil a label change that will require manufacturers to list added sugars and total sugars separately. The new label will highlight calories and serving size in large bold font. Also, serving sizes are getting larger based on what people actually consume (example: 2/3

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cup of ice cream instead of the old 1/2 cup). Food manufacturers are required to use the new label by July 26, 2018. Companies with less than \$10 million in annual food sales have an extra year.

How Much Sugar?

Per the FDA, no more than 10% of your daily calories should come from added sugar. On a 1,800-calorie diet, 10% is 45 grams or about 11 teaspoons of added sugar. An estimated 70% of adults are getting 10% or more every day. The American Heart Association has a lower suggested limit: 24 grams for women (roughly 6 teaspoons) and 36 grams for men (roughly 9 teaspoons). It might take a while for food labels to change; In the meantime, use these tips:

- **Consider the food.** If a product doesn't contain fruit, milk, sweet veggies, or yogurt, and the total sugars column shows more than 3 grams, you can assume that most of the sugars are added.
- **Know the many names for sugar.** Ingredients on the list that end in "-ose" – fructose, maltose, sucrose – are added sugars (exception: artificial sweetener sucralose). Food labels have a variety of terms for sugars: Agave Nectar/Syrup, Barley Malt, Beet Sugar, Brown Rice Syrup, Brown Sugar, Cane Juice Solids or Sugar, Caramel, Coconut Sugar, Corn Sweetener, Corn Syrup, Date Sugar, Dextrose, Evaporated Cane Juice, Fructose, Fruit Juice Concentrate, Glucose, High Fructose Corn Syrup, Honey, Invert Sugar Syrup, Malt Syrup, Malto-

dextrin, Maltose, Maple Syrup, Molasses, Sorghum Syrup, Sucrose, and Treacle.

- **Scan the entire ingredients list.** Ingredients are listed in order of weight; the higher up a substance is the more of it the food contains. Many times more than one type of sugar is in a product. Manufacturers are allowed to list them separately to fool you.
- **Compare nutrition labels.** Find the "plain" version. If you're eyeing the honey yogurt, grab the same brand's

plain yogurt, and compare the sugar content. Oatmeal can often be loaded with sugar if you buy the pre-sweetened flavored packets. Not so loaded if you buy the plain oatmeal in a box or bag. "The difference in the amount of sugars between the two products is added sugars," Johnson says. When it comes to foods like yogurt and oatmeal, try this: Buy plain, unsweetened versions, and add fresh fruit for sweetness instead of opting for the sugar-laden version.

BENEFITS CORNER

June is Men's Health Month - a good time to review a unique Pool benefit: The CHP Health Fair Reimbursement.

What is it?

You and your dependents age 19+ (up to age 26 for eligible dependent children) who are enrolled in a CHP medical plan are eligible for a \$40 health fair reimbursement annually.

Attention Men

You may also receive a PSA (Prostate-Specific Antigen test) as part of your health fair reimbursement. CHP will reimburse up to Anthem's usual and customary amount for the PSA in addition to your \$40 health fair reimbursement.

What to do?

Go to www.ctsi.org, click on Pools, select CHP, and select the blue link to get to CHP Forms & Documents. Use the updated CHP Health Fair Claim Form with new place of service code 99 and location code TIN 742452969. Note: The old form with place of service code 22 will be denied by Anthem.

Submit the Health Fair Claim Form and a copy of your receipt to your entity contact, your CHP Benefits Administrator, or directly to Anthem for processing.

