



# nutrinews

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## GROUP MEETINGS

### Healthy Options on Campus

*Nutrition Info and Demonstration Table*

**when:** Every other Wednesday at Noon

**where:** Student Union food areas

*location will vary, watch for us!*

### Changes for Life

*healthy weight education and support group*

**when:** every Tuesday at Noon

**where:** Campus Health (3rd Flr. East Conf. Rm)

**cost:** \$5 per meeting (or \$50 per semester)

**Q:** Lately there has been a lot of hype about too much sugar in our diets. What's the deal?

**A:** The concern isn't the natural "sugars" found in fruits and dairy products; it's about the added sugars in beverages, cereals, desserts and packaged foods that we eat. These added sugars are known by many names; sucrose, high-fructose corn syrup, corn syrup, dextrose, glucose, fructose, maltose, honey and molasses. Sometimes you can only find them by carefully reading the ingredient labels. The high sugar content of many of our foods is thought to be contributing to the "fattening of America".

Here is a list of some high sugar foods that have a large portion of calories coming from added sugars:

- Soda (#1 source of sugar in American diets)
- Frappachinos
- Mochas
- Lemonade, punch
- Red Bull, and other energy drinks
- "Fruit drinks" 5-10% juice
- Fat free cakes, cookies, ice cream
- Breakfast cereals with more than 8g of sugar per serving
- Ice cream, shakes, pastries

Too much of these foods can result in unwanted weight gain, as well as energy slumps and cravings. Making even one or two changes in your diet to

reduce sugar intake can improve your energy, weight management and general health.

As a first step, consider cutting back on any beverages that contain sugar... and the nutritionally useless calories that go with it. Try diet soda, Crystal Light, unsweetened or artificially sweetened iced tea, flavored water or just plain water instead. Add an energy-boosting snack like yogurt, fruit and string cheese or a sports bar and you'll have taken a big leap towards maintaining a wonderful, healthy body and mind.

Source: Center for Science in the Public Interest. "Sweet Tips for Consumers." Internet: <http://www.cspinet.org> (accessed September 18, 2004).

Questions? email: [wildcatnutrition@yahoo.com](mailto:wildcatnutrition@yahoo.com)

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