

Health & Wellness



December
2024

Issue 3

Total Sugar vs Added Sugar

This month's health and wellness education is about sugar! We'll discuss two types of sugar: Total Sugar and Added Sugar. Learn more about the difference between the two, how they are labeled under the Nutrition Facts, and how these sugars impact your diet.

Contents:

Health & Wellness Education
pg.2

Brain Boosters
pg.10

Our Picks of the Month
pg.12

Brain Booster Answers
pg.13

From the Council
pg.15

Welcome to DuPage Senior Citizens Council/Kane Senior Council's December Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!



Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Total Sugar vs. Added Sugar

Introduction

The American Heart Association recommends limiting added sugars to no more than half of your daily discretionary calories.

Food labels must include added sugar to help consumers distinguish between sugar that **occurs naturally** in food and sugar that was **added during processing**.



Sugar totals can be deceiving on a label; the total amount of sugar may be a combination of multiple types of sugar.

Knowing what to look for on a label can help make sure that you are sticking with your diet or not having too much sugar.

What are

Added Sugars

and how are they different from

Total Sugars?

Information taken from:

www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories	% Daily Value*
250	18%
Calories from Fat 110	
Total Fat 12g	15%
Saturated Fat 3g	10%
Trans Fat 3g	20%
Cholesterol 30mg	10%
Sodium 470mg	0%
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	4%
Vitamin A	2%
Vitamin C	20%
Calcium	4%
Iron	

Labels for foods and beverages with added sugars list the **number of grams** and the **percent Daily Value (%DV)** for added sugars within the Nutrition Facts label.

Having the word **“includes”** before added sugars on the label indicates that added sugars are included in the number of grams of total sugars in the product.

TOTAL SUGARS

Total Sugars include sugars naturally present in many nutritious foods and beverages (i.e. sugar in milk and fruits) as well as any added sugars that may be present in the product.

There is no Daily Value for total sugars because **no recommendation** has been made for the total amount to eat in a day

There are at least **61 different names** for sugar listed on food labels. These include common names such as:

- Sucrose
- Rice syrup
- High-fructose corn syrup
- Maltose
- Dextrose
- Barley malt

ADDED SUGARS

Added Sugars include sugars that are:

- Added during the **processing** of foods (such as sucrose or dextrose)
- Foods packaged as sweeteners (such as table sugar)
- Sugars from syrups and honey
- Sugars from concentrated fruit or vegetable

The Dietary Guidelines for Americans recommends limiting calories from added sugars to less than 10% of total calories per day.

Added Sugars do *not* include naturally occurring sugars that are found in milk, fruits, and vegetables.

For most Americans, the main sources of **added sugars** are sugar-sweetened beverages, baked goods, desserts, and sweets.

Why Are Added Sugars Listed on Nutrition Facts Label?

Consuming too many added sugars can make it difficult to meet nutrient needs while staying within calorie limits.

Added sugars are listed on the Nutrition Facts label so that you can make informed choices, based on your individual needs and preferences.



Exception

Labels on packages and containers of *single-ingredient sugars and syrups* (such as table sugar, maple syrup, or honey) list the **% Daily Value** for added sugars within the Nutrition Facts label. The gram amount per serving and **% Daily Value** may be included in a footnote.

Single-ingredient sugars and syrups are labeled in this way so that it does not look like more sugars have been added to the product and to ensure that consumers have information about how a *serving* of these products contributes to the Daily Value for added sugars and to their total diet

Let the Nutrition Facts Label Be Your Guide!

The Nutrition Facts label can help you compare and choose foods that are lower in added sugars.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 24g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check the label to see if foods are **LOW** or **HIGH** in added sugars.

5% Daily Value or less of a nutrient per serving is considered **LOW**

20% Daily Value or more of a nutrient per serving is considered **HIGH**

Do I Need to Give Up Added Sugars?

The Dietary Guidelines for Americans states that a limited amount of added sugars can be included as part of an overall healthy eating pattern that includes healthy choices from each of the MyPlate food groups **(vegetables, fruits, grains, dairy, and protein foods)**.

What foods have the most hidden sugar?

- Ketchup
- Jarred pasta sauce
- Barbecue sauce
- Salad dressings
- Condiments and sauces
- Protein bars
- Yogurt

It is important to remember that added sugars are just one piece of information on the label.

Looking at the ingredient list and reading all the information on the Nutrition Facts label can help you make the most informed choices

These foods can be a good way to add protein to your diet, but some of them could have high amounts of **added sugars**.

WRAP UP

Added sugars can be a part of a healthy diet, but most people consume more added sugars than is recommended and would benefit from consuming less.

Using the **Nutrition Facts Label** can assist in making more informed choices.

When using food labels, look at the entire label and consider the bigger picture. **Added sugar** is just one piece of the big picture.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

4	7		9		1	6		5
	2		3				8	4
								1
	1	4	7		8		5	
6			2		3			9
	3		6		5	8	1	
8								
5	9				4		2	
7		1	5		2		9	8

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



RIDDLE OF THE MONTH

I am a ball that does not bounce. What am I?



WORD SEARCH

E P X C B K O C A L O R I E S
C T N R D M R T X H X P S R J
O O F C H B R C S I N A I B W
R T P I I R D T W G U D I V C
N A K X D R V Z E H T D D M R
S L K E D T D D E F R E L H F
Y S U D E F L A T R I D A K S
R U Q P N H Y I E U T S B S X
U G L H S M R L N C I U E U X
P A D Y U I Q Y E T O G L C O
I R Z F G R K V R O N A S R C
Z S U A A P P A S S D R T O B
M X O C R U N L K E V S F S C
S T Y T C D V U G E D L N E H
I K E S J C A E T O F B K K T



WORD BANK

High Fructose

Hidden Sugar

Sweeteners

Nutrition

Added Sugars

Daily Value

Calories

Labels

Total Sugars

Corn Syrup

Sucrose

Facts



December Recipe: Peach Melba punch



Ingredients:

- 4 yellow peaches
- 250g raspberries
- 1.25 litres lemonade, chilled
- 1 cup pineapple juice
- 4 cups ice cubes
- Fresh mint sprigs, to serve

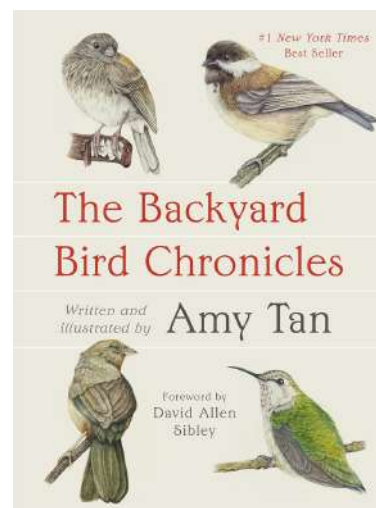
Directions:

1. Roughly chop 3 peaches. Place chopped peach and pineapple juice in a food processor. Process until smooth. Transfer to a sieve set over a bowl. Using the back of a spoon, press peach mixture through sieve. Discard solids
2. Place 1/2 the raspberries in a bowl. Lightly crush with a fork. Thinly slice remaining peach.
3. Place ice cubes in a 2-litre-capacity jug. Add peach slices and purée, and crushed and whole raspberries. Pour over lemonade. Using a large spoon, stir to combine. Top with mint. Serve.

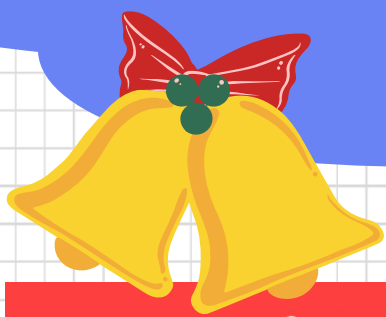
Our Book Pick of the Month

The Backyard Bird Chronicles by Amy Tan, David Allen Sibley

“Tracking the natural beauty that surrounds us, *The Backyard Bird Chronicles* maps the passage of time through daily entries, thoughtful questions, and beautiful original sketches. With boundless charm and wit, author Amy Tan charts her foray into birding and the natural wonders of the world. ”



ANSWER KEY



4	7	8	9	2	1	6	3	5
1	2	6	3	5	7	9	8	4
3	5	9	4	8	6	2	7	1
2	1	4	7	9	8	3	5	6
6	8	5	2	1	3	7	4	9
9	3	7	6	4	5	8	1	2
8	4	2	1	7	9	5	6	3
5	9	3	8	6	4	1	2	7
7	6	1	5	3	2	4	9	8

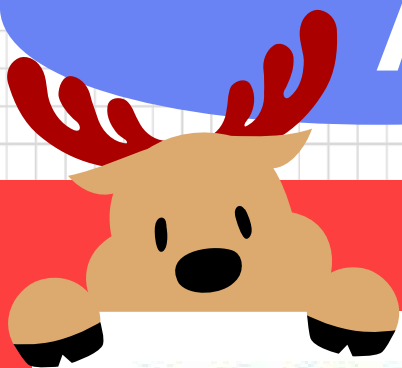
Riddle Answer:

I am a ball that does not bounce. What am I?

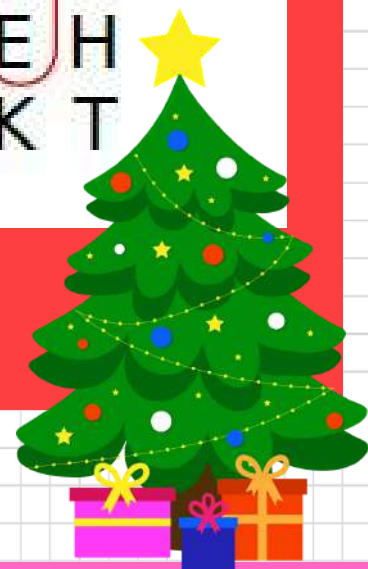
Answer: A snowball



ANSWER KEY



E P X C B K O C A L O R I E S
C T N R D M R T X H X P S R J
O O F C H B R C S I N A I B W
R T P I I R D T W G U D I V C
N A K X D R V Z E H T D D M R
S L K E D T D D E F R E L H F
Y S U D E F L A T R I D A K S
R U Q P N H Y I E U T S B S X
U G L H S M R L N C I U E U X
P A D Y U I Q Y E T O G L C O
I R Z F G R K V R O N A S R C
Z S U A A P P A S S D R T O B
M X O C R U N L K E V S F S C
S T Y T C D V U G E D L N E H
I K E S J C A E T O F B K K T





DuPage Senior
Citizens Council

Providing Meals and More...



Kane Senior
Council

From the Council

News & Events

DSCC/ KSC Offices and Sites Close for Holidays

All meal sites and offices will close on:

- December 24th & 25th
 - Operations resume: December 26th
- December 31st & January 1st
 - Operations resume: January 2nd

We at DSCC/
KSC Wish you
and your loved
ones a
wonderful
holiday season
and a Happy
New Year!





**DuPage Senior
Citizens Council**



**Kane Senior
Council**

Providing Meals and More...

DuPage Senior Citizens Council

1990 Springer Dr. Lombard, IL 60148

630-620-0804

www.DuPageSeniorCouncil.org

Kane Senior Council

418-B Airport Rd. Elgin, IL 60123

630-338-0999

www.KaneSeniorCouncil.org