Sugar, Fat, Salt, & Calories

General Nutritional Information Videos:

https://youtu.be/kUKOt_SvTQc ("Healthy or Junk Food" - 22:25)
https://youtu.be/xyQY8a-ng6g ("How the Food You Eats Affects Your Brain" - 4:52)
https://youtu.be/qMnQFTy3t30 ("Mood Matters: How Food, Movement & Sleep Can Have an Impact on You" - 4:20)
https://youtu.be/0_8-LqjIVJE ("HealthyLiving MyPlate Dietary Guidelines" - 22:44). Or go to this site.
https://youtu.be/pexOIlhT0v0 ("How to Make Healthy Food Changes" - 2:57)
https://youtu.be/7UDx1RF9Oho ("Healthy Eating Hacks" - 11:36)
https://youtu.be/EhfOZMOF9W4 ("Healthy Eating for Kids - Compilation Video: Carbohydrates, Proteins, Vitamins, Mineral Salts, Fats" - 17:37)
https://youtu.be/vQIqrnCKSYE ("A Dietitian Decodes the New Nutrition Label" - 6:08)

Added Sugar Information (watch the attached video here):

A) **Naturally occurring sugars** are found *naturally* in foods such as fruit (fructose) and milk (lactose). **Added sugars** are sugars and syrups put in foods during preparation or processing or added at the table.
B) Kids 2-18 should have **less than 25 grams of added sugar** daily. (American Heart Association)
C) The major sources of added sugars are regular **soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks** (fruitades and fruit punch); **dairy desserts and milk products** (ice cream, sweetened yogurt and sweetened milk); and **other grains** (cinnamon toast and honey-nut waffles).
D) Our bodies **don't need sugar to function properly**. **Added sugars contribute zero nutrients**.
E) Besides those ending in **"ose,"** such as maltose or sucrose, other names for sugar include **high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey** or **fruit juice concentrates**.
F) Drinking **juice is less healthy than eating the fruit whole** due to the benefits of the pulp and skin (nutrients and absorption of sugar).
G) A sugar substitute (**artificial sweetener**) is a food additive that duplicates the effect of sugar in taste, but usually has less food energy. A large number of studies have been carried out on these substances with conclusions ranging from "safe under all conditions" to "unsafe at any dose". Scientists are divided in their views on the issue of artificial sweetener safety. This information is from this site.
H) Here is another article on artificial sweeteners.
I) Check out this video to find out about hidden added sugars.

https://newsroom.heart.org/news/children-should-eat-less-than-25-grams-of-added-sugars-daily
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars

Some Negative effects of too much added sugar in one's diet:

A) Weight gain
B) Increased risk of heart disease
C) Increased risk of acne
D) Increased risk of type 2 diabetes
E) Increased risk of cancer
F) Increased risk of depression
G) Increased risk of the skin aging process
H) Increased risk of cellular aging
I) Decreased energy
J) Increased risk of a fatty liver
K) Negatively impacts dental health
L) Increased risk of developing gout (joint pain)
M) Accelerated cognitive decline (memory and focus)
N) Increased risk of kidney disease

https://www.healthline.com/nutrition/too-much-sugar#section4

Some Solutions To Eating Too Much Added Sugar:

A) Swap sodas, energy drinks (the "cycle"), juices and sweetened teas for **water**.

B) Sweeten plain yogurt with fresh or frozen **fruit** instead of buying flavored, sugar-loaded yogurt.
C) Consume **whole fruits** instead of sugar-sweetened fruit smoothies.
D) Replace candy with a homemade **trail mix of fruit and nuts.**
E) Use **olive oil** and **vinegar** in place of sweet salad dressings.
F) Look for foods like sauces, dressings, spreads, etc. with **0 grams of sugar.**
G) Look for foods like cereals, granola bars, etc. with **less than 4 grams of sugar.**
H) Swap your morning cereal for a bowl of **oats** topped with fresh **berries** or an omelet made with **fresh greens.**
I) Try to stick to food**s found in nature** (meat, fish, fruits, vegetables, eggs, etc.) vs. processed foods.

https://www.healthline.com/nutrition/too-much-sugar#section12

Fat Information:

A) Fat helps **build and insulate nerve tissue** and **build hormones**. The body also uses fat as **fuel**. If fats eaten aren't burned as energy or used as building blocks, they're stored by the body in fat cells.
B) Healthy fats at the recommended daily amounts are an important part of a nutritious diet. Young kids, in particular, need enough healthy fats in their diet to **help the brain and nervous system develop normally** & **absorb some vitamins**.
C) Some foods/food groups that have higher concentrations of fat are:
- desserts and snacks like potato chips, chocolate, cakes, doughnuts, pastries, and cookies
- whole-milk products and high-fat meats, such as bacon, hot dogs, and fattier cuts of red meat.
- fast-foods, take-out, and restaurant food tend to have a higher fat content than home-cooked food.
- creamy, cheesy, or buttery sauces or dressings.

D) Everyone gets their energy (calories) from carbohydrates, proteins, and fats. Fats have twice as many calories as carbohydrates or proteins, so it is a lot easier to take in too many calories by eating fat, and if not used, it turns to fat on the body, in addition to other negative side effects (see below).
E) There are three types of fat (see this video for more explanation on the three types of fat below):
- **Unsaturated Fats:** These are found in plant foods and fish and are seen as neutral or even beneficial. The unsaturated fats are monounsaturated (olive, peanut, and canola oils and avocados), polyunsaturated (found in most vegetable oils), and Omega-3 fatty acids (found in oily fish like tuna and salmon). Of the three (unsaturated, saturated, and trans), unsaturated are the best fats.
- **Saturated Fats**. Eating too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease. These can be found in meat and other animal products, such as butter, shortening, lard, cheese, and milk (except skim or nonfat). You should consume less than 20 grams of saturated fats per day.
- **Trans Fats.** Trans fats (also known as partially hydrogenated oils) can raise cholesterol and increase the risk of heart disease. These can be found in some stick margarines, commercial snack foods, baked goods, and some commercially fried foods. Of the 3, these are the worst fats. **Stay away from them! If you see trans fats on the label, do not eat it.**

F) **Keep total fat intake between 25 to 35 percent of calories for children and adolescents 4 to 18 years, and most of the fat should come from monounsaturated and polyunsaturated fats (unsaturated).**
G) For a 2,000-calorie diet -- the recommended amount for moderately active teenage girls -- 25 to 35 percent of daily calories would equal approximately 55 to 75 grams of fat per day. Moderately active teenage boys need 2,600 calories per day, on average, making their daily fat requirement between 70 and 100 grams.
H) Healthy fats are a vital part of a child's diet, and they should not be excessively limited or banned. For young children, especially, fat and cholesterol play important roles in brain development. Generally, kids should eat a varied diet with about one third of calories coming from "**healthy**" fat.
I) Eating adequate amounts of fat is an important part of a healthy diet. But it's true that many kids today eat too much fat, which might lead to unwanted weight gain. Kids who carry excess weight into adulthood have greater risk of heart disease, high blood pressure and diabetes, among other things.

Some Negative Effects of Consuming Too Much Saturated or Trans Fat:

- Weight gain and obesity
- Heart disease and related issues, like high blood pressure
- High blood cholesterol levels and triglyceride levels
- Metabolic syndrome
- Prediabetes
- Type 2 diabetes
- Insulin resistance
- Fatty liver disease
- Stroke
- Neurodevelopmental issues for children and neurological problems in adults
- Gastrointestinal problems, which can also cause issues with the immune system and inflammation
- Cancer
- Increased risk of age-related vision loss

Helpful Tips To Manage Healthy Fat Intake:

- Eat foods that are naturally low in fat, such as fruits and vegetables, whole grains, lean meats and fish, and low-fat dairy products.
- Choose **healthier, unsaturated fats** when preparing meals and reduce the amount you use (for example, 1 teaspoon of canola oil, ¼ cup nuts, or ¼ of an avocado).
- When cooking meat, fish, or poultry, opt for **broiling, grilling, or roasting** (on a rack). These methods allow the fat to drip away during cooking, which cuts down on calories too. Frying, on the other hand, adds fat. **Remove skin from poultry.**
- **Beware of reduced-fat and low-fat claims.** These can have more sugar added and just as many calories.
- **Pack school lunches and meals** for family outings instead of going to fast-food restaurants or relying on your kids to make healthy choices in the school cafeteria.
- When dining out, make balanced choices that don't include large amounts of fat. For example, make a green salad part of the order and use low-fat dressing on the side. Choose mustard instead of mayonnaise on sandwiches. Choose baked, grilled, or steamed dishes rather than fried. Limit visits to fast-food restaurants.https://kidshealth.org/en/parents/fat.html

Salt Information:

The human body requires salt (sodium) to function properly. Once ingested and dispersed into the bloodstream and other fluids of the body, salt takes on several responsibilities. It regulates the electrolytes that allow the brain to carry out electrical signals through to the nerves and muscles, and also controls fluid levels, such as the total blood volume, which subsequently affects blood pressure. Salt also stimulates the adrenal glands, reduces sunstroke, and helps to keep other important minerals in the bloodstream.
Only a small amount of salt is needed on a daily basis to perform these essential functions (https://www.bumrungrad.com/en/health-blog/november-2015/dangers-consuming-too-much-salt-effect).

A) One teaspoon of salt equals 2,300 milligrams of sodium.
B) Recommended daily sodium intake:
   - Ages 1-3: Less than 1,500 milligrams
   - Ages 4-8: Less than 1,900 milligrams
   - Ages 9-13: Less than 2,200 milligrams
   - Ages 14-18: 2,300 milligrams
C) One fast food kid's meal can easily exceed 1,500 milligrams of sodium.
D) One in six children ages 8-17 has above normal blood pressure.
E) Ninety percent of surveyed children exceeded the recommended sodium level for their age.

F) Fifty percent of sodium intake from those studied came from pizza, Mexican dishes, sandwiches — including burgers — cold cuts, soups, snacks and cheese.
G) Taste preferences formed during childhood often carry into adulthood.
H) 77 percent of our salt consumption comes from processed and prepared foods.
I) Look for products that contain less than 140-200 milligrams of sodium per serving.

A-I are from this site.

J) About 90% of Americans 2 years old or older consume too much sodium.
K) The average daily sodium intake for Americans 2 years old or older is more than 3,400 mg.
L) Sodium content can vary across the same types of foods by brand. For example, a slice of frozen cheese pizza can have between 370 mg and 730 mg of sodium; a cheeseburger from a fast food restaurant can have between 710 mg and 1,690 mg.

J-L are from this site.

Some Negative Effects of Consuming Too Much Salt:

A) Research shows a strong relationship between the amount of salt consumed and raised levels of blood pressure. Problems from high blood pressure include: damaged and narrowed arteries, aneurysms, coronary artery disease, enlarged left heart, heart failure, transient ischemic attack (ministroke), dementia, mild cognitive impairment, kidney scarring, kidney failure, damage to your retina, fluid buildup under the retina, nerve damage, heart attack.
B) May increase stomach cancer risk.
C) Water retention (bloating).
D) Dry mouth or feel very thirsty.
E) Hypernatremia (water leaching out of your cells and into your blood). This can cause restlessness and sleeping difficulties.
F) "Why Is Too Much Salt Bad For You?" Watch this video (3:10)

To reduce the negative effects of salt, limit your consumption to the recommended amount or less. Limit your processed and prepared foods, and limit or eliminate adding salt during or after cooking.

Calories (how many and what kind):

A) High-calorie foods — such as sugary sodas, candy, and fast food — quickly add up to too many *empty* calories. Instead, eat a healthy, balanced diet.
B) Your body needs calories just to operate — to keep your heart beating and your lungs breathing. And you burn off some calories without even thinking about it — by walking your dog or making your bed.
C) Watching TV and playing video games won't burn many calories at all, which is why you should limit those activities to no more than 2 hours per day. A person burns only about 1 calorie per minute while watching TV, about the same as sleeping!

A-C information is from this site.

D) Consuming too many calories, lack of physical activity and unhealthy dietary habits all contribute to **overweight and obesity**. However, eating too few calories can lead to **fatigue** and make it difficult to **focus** at school. The amount of calories middle school preteens and teens should consume each day **depends on their age, gender and activity level.**
E) Consuming adequate calories from nutritious foods is important for **proper growth and development** in middle school **boys**. The USDA estimates that **boys ages 9 to 13 need 1,600 to 2,000 calories if they are sedentary, 1,800 to 2,200 calories if they are moderately active and 2,000 to 2,600 calories each day if**

they are active. Boys ages 14 to 18 require about 2,000 to 2,400 calories each day if they are sedentary, 2,400 to 2,800 calories if they are moderately active and 2,800 to 3,200 calories if they are active.

F) Middle school girls require fewer calories each day for healthy weight maintenance than boys in middle school. The USDA estimates that **girls ages 9 to 13 require about 1,400 to 1,600 calories per day if they are sedentary, 1,600 to 2,000 calories if they are moderately active and about 1,800 to 2,200 calories each day if they are active.** Girls ages 14 to 18 need about 1,800 calories each day if they are sedentary, 2,000 calories if they are moderately active and about 2,400 calories each day if they are active.

G) Middle school **athletes may require more calories each day than active middle school children**. The exact amount of calories a teen athlete needs **depends on his size, training program and duration of exercise.** Teen athletes generally have more muscle mass, which also burns calories even at rest. TeensHealth reports that some teenage athletes may require 2,000 to 5,000 calories per day to meet daily energy needs.

E-H information is from this site.

H) Everyone needs the same types of nutrients: vitamins, minerals, carbohydrates, protein, fat and water. What's different is the amount of specific nutrients we need.

I) Some nutrients (protein, carbohydrates, and fat) contain calories and some (water, vitamins, and minerals) don't.

J) While calorie counting may be an effective weight loss tool for adults, it is not a healthy practice for kids and teens.

K) Change [students'] eating and exercise habits in order to reach and maintain a healthy weight.

I-L is from this site.

L) When you eat, **your body uses some of the calories you consume for energy. The rest are stored as fat.** Consuming more calories than you burn may cause you to become overweight or obese. This increases your risk for cancer and other chronic health problems.

M) Overeating -- especially unhealthy foods -- **can take its toll on your digestive system.** Digestive enzymes are only available in limited quantities, so the larger the amount of food you eat, the longer it takes to digest. If you overeat frequently, over time, this slowed digestive process means the food you eat will remain in the stomach for a longer period of time and be more likely to turn into fat.

N) Overeating can even **impact your sleep**. Your circadian clock, which controls your sleep cycles, causes your sleep and hunger hormone levels to rise and fall throughout the day. Overeating can upset this rhythm, making it hard for you to sleep through the night.

Some Strategies to Help From Overeating:

- Eat sensibly throughout the day. Pay attention to your portion sizes.
- **Avoid processed foods,** which can be easily overeaten.
- Fill up on fresh fruits and vegetables. They provide a lot of fiber and will keep you full between meals and decrease the need to snack.
- Eat from a salad plate instead of a dinner plate. This will help you control your portion size.
- **Avoid distractions** when you eat, such as watching TV, using the computer or other electronic devices. Focusing on the meal itself will allow you to be more aware of when you're full.
- **Eat slowly** and put your fork down between bites. This mindful eating habit will slow you down and make it easier to realize when you're full.
- **Drink water before, during and after meals.**
- **Plan your meals ahead.**
- Keep a food journal to help you notice any positive or negative habits.

M-O and the strategies are from this site.

What is A Calorie? Watch this video (4:11)