

# NUTRITION NEWSLETTER

Educating our community  
one bite at a time

Spring 2017



## Ingredients

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## The Sugar Saga

There is no denying it; we are eating more added sugar. We went from eating approximately 4 pounds in the mid-1700's to ~160 pounds **per person per year!** Much of the sugar we eat is contributed by the guzzling of sodas, energy drinks, and other sweetened beverages to the tune of approximately 16 fluid ounces every day by every person—365 days a year.

As far back as 1989, the World Health Organization (WHO) made its first suggestion to reduce the intake of “free” (added) sugars. However, that was met with great resistance from Big Soda and the Sugar Association (who stand to lose a large portion of their income) and they lobbied Congress to withdraw U.S. funding to WHO. (The main purpose of **WHO** is to combat diseases like HIV, malnutrition, infectious disease, cancer, heart disease, etc., on a global scale. Withdrawing funding from this organization will severely affect their work and outreach.) It was not until 2015 that WHO finally released their nutrition guidelines recommending a reduction of added sugar intake to a maximum of 10% of the total daily calorie (or for a 2000 calorie diet, this means no more than 200 of those calories or 12.5 teaspoons should come from added sugar). They also advocate that <5% or <6 teaspoons per day would further benefit people's health. They encourage each country to make appropriate policies to support this recommendation—in other words, they recommend that we significantly reduce our added sugar intake.

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## What's Our Secret?

After reading about minimizing added sugar, you may be thinking about putting the sugar away. How do you store sugar and prevent hardening, especially with brown sugar? Brown sugar is basic white sugar with a coat of molasses that will give baked goods that softer/moister consistency but this can also cause it to harden. After opening a package of brown sugar, add a 3” strip of orange zest in a tightly sealed zip-locked plastic bag to prevent the sugar from hardening. If your brown sugar has already hardened, place a slice of bread or fresh apple wedge in the bag with the brown sugar, seal it and it should soften overnight. In a crunch, you can microwave the hardened sugar in 30-second increments, breaking it up occasionally, until it is softened.



Ask the Nutrition Experts:

## I am so confused! Is it safe to eat after the expiration date or used by date?

Oh! You are not the only one! To make this more complicated, the food industry uses **ten** different labeling phrases to tell you when their food is best to eat. With the exception of baby formula and baby food, the stamped date on the food packaging is voluntary and not mandatory. That is why there are so many different phrases used. It is up to the food manufacturer to come up with a phrase that is meaningful to them (but unfortunately, is confusing to us, the all-important consumer).

All the dates labeled on the food are valid with the assumption that the products are stored at the appropriate temperature and environment (e.g., dry, avoid sunlight, etc.). If the product was left in the car for too long, then all

bets are off.

**Expires on...** is a safety designation. As mentioned, this is typically assigned to baby formula/food. After this date, the product is considered unsafe or simply not good to eat.

**Sell by, use by, best if used by, guaranteed fresh** date is mainly for the grocers—telling them when they should pull the products from their shelves. However, always remember to reach back and select the item with the latest sell by date. The **date** is more of an indication of the quality of the product (taste, consistency, freshness) and not the date the item will spoil. **Sell/use by/etc.** simply refers to the last day that the product will be of the best

quality. After this date, it is still edible—but may be a bit stale.

The good news is that the food/grocery industry will soon adopt a standardized product date label. Again, it will only address the quality of the food and not necessarily when the food will be unsafe to eat.

Spoiled food will have an off odor, color, texture, and/or flavor. Spoilage is typically due to naturally occurring bacteria in the food. You may see bulging (of the can/container)—a definite sign that the food is bad or rancid. If you suspect the food is spoiled, toss it.

## Prof. Timaree Hagenburger at the 2<sup>nd</sup> Annual SacTown VegFest

On Saturday, Jan 28, over 1600 people gathered at Sacramento Charter High School for the second annual SacTown VegFest. This amazing event was designed, sponsored and implemented by an all-volunteer, hardworking crew of Sacramento Vegetarian Society members, a nonprofit member-

ship organization. Experts, including CRC Prof. Timaree Hagenburger, donated their time and expertise to cover a wide range of subjects, including health, nutrition, sustainability, health equity, and compassion for animals. The VegFest was hopping with an eclectic group of exhibitors and vendors. The crowd enjoyed the vast array of options for delicious, plant-based foods. A highlight was the collaboration with the “Edible Sac

High” Cooking Club, as they served (prepared-on-site) vegan chili, vegan pizza, fresh from the wood-fired pizza oven (designed and built by the Sac High engineering students), topped with veggies from the school’s organic garden.





Children (age 8-18) spend 44.5 hours per week...in front of a screen.



## Children and Television: how America's past time is affecting our children

By Rudy Lopez, Nutrition Student & D. Wassmer

The obesity rate of American children is at an all-time high. The [Center for Disease Control and Prevention](#) states, "The prevalence of obesity among U.S. youth was 17.0% in 2011-2014. Overall, the prevalence of obesity among preschool-aged children (2-5 years) (8.9%) was lower than among school-aged children (6-11 years) (17.5%) and adolescents (12-19 years) (20.5%)."

Obese children are likely to become obese adults. With this comes an earlier risk of developing obesity-related chronic such as type 2 diabetes, heart disease, hypertension, and certain cancers. Obesity is a complex matter and the causes of obesity are multifactorial. However, one lifestyle factor that may weigh heavily on our children is television viewing.

Through the years, advancement in technology has changed the ways that we watch television and how we entertain ourselves. We can watch television anywhere and at anytime with the push of a button (and Wi-Fi). Fifty to seventy percent of American children have a television located right in their rooms. This passive activity causes our children to

move less and eat more.

In 2015, [American teens](#) spend approximately 6 hours and 24 minutes a day in front of the television, computer monitor or smartphone. [For each hour of television](#), there is an estimated 13 minutes and 25 seconds worth of commercials. This translates to about an hour of ad-watching a day. [Other reports](#) show that children (age 8-18) spend [44.5 hours per week](#) in front of a screen. When children watch television, they are exposed to fast food commercials and appealing high fat/sugary, and processed foods ads specifically targeted to them. Repeated exposures to the same commercials strongly influence product preference and purchase (by the parents as a result of the child's demand/influence). Research over the years has found strong correlations between television viewing and the effects it has on children's health and body weight. For each hour increase in television viewing, there is an additional intake of ~50 calories per day. As a result, the more hours spent watching television, the higher the body weight.

A [study done by Sonia A. Miller](#) shows that there were fewer vegetables, and fiber and more consumption of fatty, sugary, processed foods when children are exposed to more television. Unfortunately, very little calories are actually burned while watching television. A sedentary activity such as watching television combined with consumption of calorie dense food is a recipe for obesity and other health consequences.

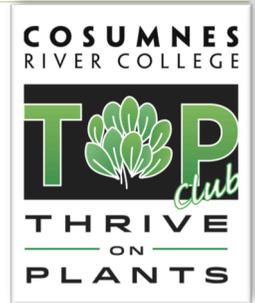
To combat such problems, parents need to encourage their children to be more active and provide healthier food choices. Television and screen time should be limited and physical activity should be scheduled and encouraged. The CDC recommends that children get at least one hour of physical activity a day. Find things and activities that interest the child. More physical activity and healthier nutrient dense foods combined with less television viewing can really make a difference in children's life, not only in their present state but also for their future.



## Meet and Eat with TOP (learn and have fun, too!)

Thrive on Plants' (TOP) mission is to show students a way to better health. In addition, TOP provide opportunities for students and staff to connect with food in a mindful and sustainable way. TOP meets every Wednesday at

noon in WIN 102. Everyone is welcome to stop by and learn ways to improve cooking skills, adopt a healthy lifestyle, try new recipes, exchange ideas, and find support to eating and living in a mindful manner. Each month there are at least one recipe demonstration and a TOPluck. Many students who never cooked before are thrilled by how good the food they prepared tasted. TOP is also involved with other events on campus such as Earth Day—be sure to look for TOP Tips on the Quad on April 19.



"I love TOP because it's a diverse community of people who look forward to helping others live a life of wellness. At every meeting, I learn something new and become empowered!"- Marybeth

"There's something special about this club. You get to have lunch with new people weekly, something most of us wouldn't have considered here on campus. We don't judge, we encourage and support one another. We all have different reasons that led us to this club and that's what makes us so diverse. Yet we share a common purpose of wanting to live a nourishing life and help loved ones or others that can benefit from the level of wellness we experience on a day-to-day basis." - Veronique

Day	Time	Event	Location
Feb 22	noon-1:30pm	Soup TOPluck	Win 102, CRC
Mar 1	noon-1:30pm	Scramble Demo	Win 102, CRC
Mar 15	noon-1:30pm	Breakfast TOPluck	Win 102, CRC
Mar 22	noon-1:30pm	Pesto Pasta Demo	Win 102, CRC
Mar 29	noon-1:30pm	Italian TOPluck	Win 102, CRC
Apr 5	noon-1:30pm	Indian Recipe Demo	Win 102, CRC
Apr 19	10am-2pm	Earth Day – Tabling	CRC Quad
Apr 26	noon-1:30pm	Indian TOPluck	Win 102, CRC
May 3	noon-1:30pm	Nice Cream Demo	Win 102, CRC
May 10	noon-1:30pm	Dessert TOPluck	Win 102, CRC

## The Healthiest Sweetener - T. Hagenburger

INGREDIENTS: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CELLULOSE GUM, CARAMEL COLOR, SALT, NATURAL AND ARTIFICIAL FLAVOR, SODIUM BENZOATE AND SORBIC ACID (PRESERVATIVES), SODIUM HEXAMETAPHOSPHATE What is this? It is pancake syrup! Not what you had in mind to eat with your pancakes.

What is a healthier sweetener? Fruit. The natural sweetness of ripe fruit comes perfectly packaged with fantastic fiber, to feed our good gut bacteria, and phenomenal phytonutrients, that “fight” to protect our cells! Sweetening your oatmeal with smashed bananas, diced apple (leave the peel on) and a dash of cinnamon, will not only tickle your taste buds, but provide fuel for your body and brain as you tackle your day, all while reducing your cancer risk!

My favorite fruit to use when I need a concentrated source of sweetness is dates! If you have not had a date with a date lately, pick some up the next time you are at the grocery store! Medjool dates are incredibly sweet and make a delicious [Date Syrup](http://thenutritionprofessor.com/a-sweetener-that-is-good-for-you/) that will save you money and boost your nutrient intake. Move over Aunt Jemima and have you noticed the price of maple syrup?

When it comes to antioxidants, dates, (and date sugar – which is just powdered dates), comes out at the top of the list, at #1! Nutrient-wise, blackstrap molasses comes in at #2 among concentrated sweeteners. If you have ever used it, you can attest that a little goes a long way, though it is also a good source of both calcium and iron. I like to use it in my [Pumpkin Oatmeal](http://thenutritionprofessor.com/timarees-pumpkin-oatmeal/)!

When it comes to sweetening your food, first reach for fruit and your body (and bank account) will thank you!

## Did You Know...

Just how much sugar is in the food/beverages you eat?

From <http://www.medicalnewstoday.com/articles/262978.php> and

<http://www.medicalnewstoday.com/articles/262978.php>



WHO Recommendation per Day (based on 2000 calories/day)	Serving size	< 6 tsp (tsp)
Snickers bar	52.7 grams	6.75
Dove chocolate bar	40.8 grams	5.5
Coca-Cola	1 can	8.25
Pepsi Cola	1 can	8.75
Sprite	1 can	8.25
Mountain Dew	1 can	11.5
Cheerios, original	100 grams	1
Cocoa Krispies	100 grams	9.75
Froot Loops	100 grams	10.5
Special K	100 grams	3
Wheaties	100 grams	3.75
Honey Nut Cheerios	100 grams	8.25
Shredded Wheat	100 grams	0.1
Catsup	1 Tbs	1
Kraft Spicy Honey BBQ Sauce	2 Tbs	3.25
Prego Marinara Spaghetti Sauce	½ cup	1.75
Red Bull Energy Drink	8.3 oz can	6.75
Rockstar Energy Drink	8 oz	7.75

## What Changed for Me – From a CRC Graduate

By Timaree Hagenburger; published in the Lodi News Sentinel

Vanessa Romo is a former CRC student of mine who has since transferred to CSU, Sacramento to pursue a bachelor's degree in nutrition. Not only does she love to learn about nutrition and apply that knowledge to the food choices she makes, but searching for healthy recipes online to try is one of her favorite hobbies. She has inspired her family and friends to make better food choices and plans to pursue a career in nutrition so she can help even

more people. Vanessa explains, "I honestly think that without health, life is very limited. Being sick can hold back people from doing so many things they desire and nutrition plays such a critical role in experiencing optimal health."

I asked Vanessa to share her experience with food and family, as well as becoming a bit more adventurous in the kitchen and her "Cook2Gethers." In her own words...

No matter how old you are,

what ethnic background you come from, or what religion you practice, food is one of those things that brings everyone together. When going to a party, meeting up with friends, or any social event, food is usually present. Unfortunately, with societal pressures and the way most of us pack our days, we end up with little time to cook meals. Slowly but surely, eating out (and feeling poorly) has become the norm for many

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In the report, [Diet, Nutrition and the Prevention of Chronic Disease](#), WHO supports a diet low in saturated fat, sugar, and salt, and high in fruit and vegetables to address the epidemic rise in chronic diseases.

Added sugars are monosaccharides (such as glucose & fructose) and disaccharides (such as sucrose found in table sugar). They are added to make the product tastes sweet. The majority of the added sugar we consumed is already added to the foods we eat (found in catsup to yogurt). While it is true that fruit and vegetable contain sugars, there are other nutrients (fiber, vitamins, minerals) that appear to slow down the absorption of the natural sugar and no adverse health effects have been seen when eating these sugars as part of a whole food. It is important to note that adding 'natural' honey, syrup or 'raw/natural sugar' to your food is the same as adding table sugar and there is no health benefit or advantage to these sweeteners.

The sugar added to food/drinks provides extra calories without any beneficial nutrients. People who have a lower intake of added sugar have fewer cavities and a lower body weight. As a result, they reduce their risk for obesity-related chronic diseases. However, accumulating scientific evidence shows that added fructose (e.g., found in high fructose corn syrup and table sugar) could trigger a different metabolic process that can lead to lipogenesis (formation of fat) in the liver—also known as fatty liver that is typically seen in alcoholics.

Fatty liver raises the risk of heart disease (even if there is no sign of obesity). Regardless if the rest of the individual's diet is considered 'healthy,' individuals who consumed more added sugar had a higher risk of dying from heart disease. So if you are craving something sweet, take heart and reach for a piece of fruit.

Feedback? Comments? Questions? Contact us!

We love to hear what you think about our newsletter.

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**Plant-Based Nutrition & Sustainable Agriculture Program**

The Plant-Based Nutrition & Sustainable Agriculture Certificate Program brings *farm-to-fork* into the classroom. It provides the science that supports the benefits of whole plant-based foods for the health of the individual as well as the environment. The program provides hands-on experience in the kitchen, as well as in a sustainable garden on campus. Classes starting Fall 2017!

<https://www.crc.losrios.edu/areas/ct/nutri/PBNSA>