



HERE FOR YOU

# Natural vs. Processed Sugar



# Natural Sugar

- Found in fruit (fructose) and in dairy products such as milk and cheese (lactose)
- **Provide essential nutrients, vitamins and minerals!**
- Help prevent diseases
- Milk has protein and fruit has fiber, both help keep you feeling full for longer
- The fiber in fruit slows down metabolism, as fruit in the gut expands to make you feel full



# Processed Sugar

- Comes from cane sugar or sugar beets, which are processed to extract the sugar
- Found as sucrose (fructose + glucose)
- Used to sweeten cakes, cookies, cereal
- Chemically produced sugar, such as high-fructose corn syrup is added to yogurt, crackers and salad dressings.



# Processed Sugar Cont.

- Most processed sugar adds no nutritional value
- The body breaks down refined sugar rapidly, causing insulin and blood sugar levels to skyrocket
- Refined sugar is digested quickly, you don't feel full after you're done eating, no matter how many calories you consumed



# SUGAR ADDICTION: THE PERPETUAL CYCLE



## Natural Sugar vs. Processed Sugar

### NATURAL SUGAR

Sugar found in unprocessed Fruits, Grains, Milk, some vegetables.

Doesn't need to be derived from anything! Is present in food naturally!

### PROCESSED SUGAR

Sugar found in processed Foods, such as: Cakes, Candies, sweet snacks, sodas & the sugar you use at home.

Derived from sugar cane, or beets. Referred to scientifically as "sucrose". It is devoid of nutrients, & has added chemicals that raise blood **sugar** levels faster.



# However...

- When sugar passes through the stomach and reaches the small intestine, it doesn't matter if it came from an apple or a soft drink.
- How much sugar is already in your blood will determine how the body uses the sugar.
- If you already have a lot of sugar in your system, then what you just digested will form either fat or glycogen.
- Glycogen is the storage form of glucose that's used for quick energy.
- If glycogen stores are full, then the sugar is stored as fat.



# So What Can I Do?

- Eat a diet with whole foods (natural or minimally processed), lean proteins and complex carbohydrates like quinoa rather than white bread
- Make water your beverage of choice: pop, energy drinks, sweet coffee beverages and sports drinks can have huge amounts of sugar
- Be aware of packaged snacks: just because it's labelled with “organic”, “healthy”, or “all-natural” doesn't mean it's free from added sugar. Look at the ingredient list and nutrition facts. 4g of sugar = 1 teaspoon...
- Condiments: be cautious of ketchup, BBQ sauce, and salad dressings for hidden sugar.
- Focus on making good food choices every day on a consistent basis, not on the one piece of cake you had as a treat