

# **Nutrition Spotlight:**

**Sugar-sweetened Beverages, Saturated  
Fats, and Chronic Disease**

**Emily Roebuck, MS RDN LDN**

# Overview

- Role of Nutrition in Health
- Sugar-sweetened beverages (SSB):
  - Trends
  - Examples
  - Role of SSB in health
  - Strategies for reducing
- Saturated fat trends:
  - What are they; Food sources
  - Role of saturated fats in health
  - Strategies for reducing

**“Let food be thy medicine, and medicine be thy food”**

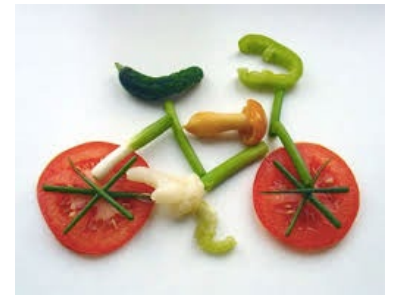
**-Hippocrates**

# Role of Nutrition in Health

Diet is a modifiable lifestyle factor that is a known contributor to many chronic diseases including:

- Obesity, Cardiovascular disease, Hypertension, Stroke, Type 2 Diabetes, Metabolic syndrome, Cancer

Diet not only plays a role in chronic disease prevention/development, modifications in diet are often used in conjunction with other aspects of medical care to assist in chronic disease management



# Sugar-sweetened Beverages

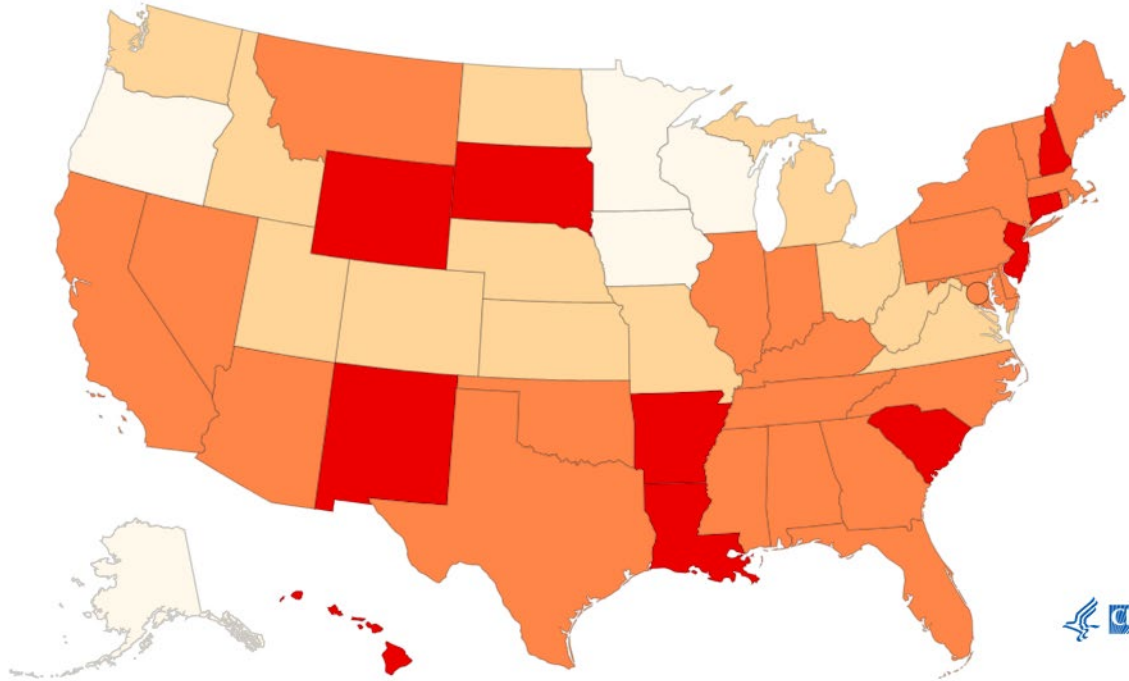
Sugar-sweetened beverages are any liquids sweetened with added sugars, examples of added sugars include:

Brown sugar	Fructose
Corn syrup	Glucose
Dextrose	High-fructose corn syrup
Lactose	Honey
Malt syrup	Molasses
Raw sugar	Sucrose

# Statistics

Sugar-sweetened drinks are the #1 source of added sugars in the U.S. diet

District of Columbia: 64.8%



## Legend

44.5 - < 52.48

52.48 - < 60.45

60.45 - < 68.43

68.43 - 76.4

# Sugarsweetened Beverages

## Amount of Sugar and Calories in Common Drinks

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Tap or Unsweetened Bottled Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Sports Drinks	5	97
Brewed Sweet Tea	7	115
Energy Drink	9	162
Regular Soda	10	155
Fruit Juice Drink	10	186
Regular Orange Soda	13	195



The Dietary Guidelines for Americans (2020 - 2025):

“All Americans 2 years and older should limit added sugars in the diet to less than 10% of total calories”

2,000 calorie diet:

- 200 calories from added sugars
- 50 grams of sugar, roughly 12 teaspoons

# Sugarsweetened beverages: Why it matters

While added sugars contribute zero nutrients to the diet, they do contribute many added calories, contributing to:

- Weight gain
- Reduced heart health
- Increased risk of Diabetes, Cancer, Gout, etc.

American Heart Association:

Think of your daily calorie needs as a budget, you want to “spend” most of your calories on the “essentials” to meet your nutrient needs.



# Strategies for reducing added sugars

1. Choose water over sugary drinks
2. Add flavor: berries, slices of lime, lemon, etc.
3. Plain sparkling water for added fizz
4. Reach for drinks that contain the “essentials”: 100% fruit or vegetable juices
5. Skip the flavored syrups
6. Read nutrition labels

Nutrition Facts	
Serving Per Container: 1	
Serving Size:	1 bottle (20 oz)
Amount Per Serving	
<b>Calories</b>	<b>260</b>
% Daily Value*	
Total Fat 0 g	0%
Sodium 50 mg	2%
Total Carbohydrate 65 g	22%
Sugars 65 g	
Incl. 65 g Added Sugars 130%	
Protein 0 g	
INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID.	



# What are Saturated Fats

Saturated fats are a type of dietary fat, generally considered an unhealthy fat. These types of fats are most often solid at room temperature

- Butter, ghee, lard
- Fatty cuts of meat
- Sausages, bacon
- Cured meats: salami, chorizo, pancetta
- Pastries: pies, quiches, croissants
- Ice cream, milkshakes

# Saturated fats affect on health:

Saturated fats are the biggest contributor to raised low - density lipoprotein (LDL) cholesterol levels in the diet.

- Research shows limiting saturated fat can help lower unhealthy cholesterol levels which can increase the risk of heart disease and stroke

The American Heart Association recommends 5 - 6% of calories from saturated fats

- Roughly 13 grams per day

# Tips for reducing saturated fats



- Choose lean protein and low - fat dairy foods

Instead of..	Try:
Whole milk, cheese, yogurt, ice cream	1%, or skim milk, low-fat cheeses, yogurt, ice cream
Fatty, marbled beef and pork	Lean cuts
Butter, stick margarine	Reduced-fat, whipped, or liquid spreads

\*polyunsaturated and monounsaturated fats may help lower blood cholesterol when used in place of saturated fats.

**Thank you!**

**Questions?**

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