



Winchester
District
Memorial
Hospital

Preventing Diabetes Newsletter

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Quote of the Day

START WHERE
YOU ARE, USE
WHAT YOU HAVE,
AND DO WHAT
YOU CAN.

Health

Sugar Sugar... ahhh... Honey Honey

Have you ever noticed that things go in cycles? Lately, I've been getting a lot of questions about maple syrup, coconut sugar and honey. People often believe that because it's 'natural', it's better for you. Sometimes this is true but it's not always true AND sometimes it's half true! So here's the goods:

Whether you choose white sugar, honey, molasses, brown sugar, agave syrup, maple syrup or coconut (palm) sugar does not matter as far as your blood sugar is concerned because they **ALL** raise your blood sugar level. The difference between these sugars is mostly in their vitamin and mineral content or their glycemic index.

For instance, maple syrup is very high in manganese and molasses is high in iron and selenium. Honey on the other hand has been found to have antibacterial properties and is traditionally used to help heal wounds. Agave syrup and coconut sugar are lower glycemic index choices—but keep in mind that they will still raise your blood sugar; just a little more slowly.

In the last few years the World Health Organization (WHO), Heart and Stroke Foundation and Diabetes Canada published guidelines

on 'added sugar' intake (or sometimes called 'free sugar' intake) because of the relationship between high 'added sugar' intake to heart disease, obesity, diabetes and dental caries. They suggest that, as a starting point, we should limit our intake of added sugars to no more than 10% of our total daily calories. Ideally, they suggest we cut back even more to only 5% of our total calorie intake.

How many teaspoons of sugar is 5 to 10% of my daily calories?

- 10% is 12 teaspoons (or 50g) per day
- 5% is 6 teaspoons (or 25g) per day

This is based on a 2000 calorie diet

'Added sugar' or 'free sugar' is any form of sugar that you or the food manufacturer adds to the food. If a food has naturally occurring sugar (like the sugar in fruit, milk and plain yogurt) they are not considered 'added or free sugars'.

Unfortunately, when you look at a Nutrition Facts label, it's difficult to tell how much 'added or free sugar' is in the food item. All we get is the total amount of sugar. However, there's a lot of added sugar in foods we wouldn't expect to see sugar like ketchup, soups, beef jerky, spaghetti sauce..... Check those labels!



Strawberries with Balsamic Vinegar

Instructions

1. Hull the strawberries and cut them into quarters lengthwise.
2. Place in a bowl and toss with the vinegar and sugar.
3. Cover and allow to rest on the counter for about an hour so that the berries will "juice" then chill in the fridge for another hour.
4. Toss again before serving.



Makes 6 servings

Nutritional analysis per serving

Calories 40, Protein 0.4g, Carbohydrate 9.7g, Fibre 1.2g, Fat 0.2g, Sodium 1.9mg

Ingredients

- 1 pint ripe strawberry (or two cups sliced)
- 2 tablespoons sugar
- 2 tablespoons balsamic vinegar

Notes

These strawberries do not keep well so they should be prepared and eaten the same day. If made more than a few hours ahead of time they are mushy and texturally unappealing.

Recipe from *Food.com*

FYI

The Canadian Diabetes Association has a new name and a new look! They are now called "Diabetes Canada". Check them out at www.diabetes.ca



These are the links to the WHO, Diabetes Canada and Heart and Stroke Foundation's Position statement on sugar.

◆ <http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

◆ http://www.diabetes.ca/about-cda/public-policy-position-statements/sugars#_ftn1

◆ <https://www.heartandstroke.ca/-/media/pdf-files/canada/2017-position-statements/sugar-ps-eng.ashx>