

Special Olympics
New Jersey



HEALTHY ATHLETES VS SUGAR

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WHAT FOODS DO YOU THINK HAVE A
LOT OF SUGAR?

- Cookies
- Soda
- Energy drinks
- Candy
- Syrup
- Gatorade
- Juice



*Limit these foods to 1-2 times per week!

TYPES OF SUGAR

- Added sugars (Refined sugars)- when food is processed these are sugars added to the food



- Natural Sugars- sugars found naturally in food



TOTAL SUGAR

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 8g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RDA Sugar:

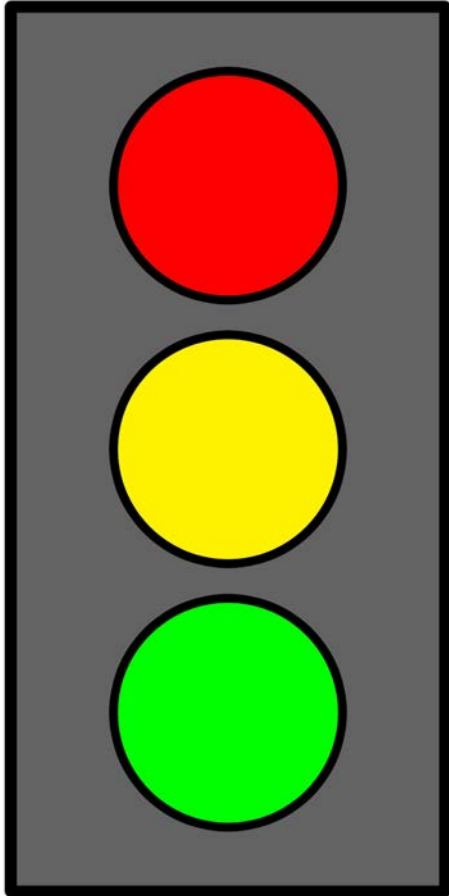
Ages 2-18 years old
Less than 25g of sugar daily

Adults:
Men: 38g per day
Women: 25g per day

WHAT ABOUT IT?

- Too much sugar can cause:
 - Obesity= Containing too much body fat for ones height which may be affecting someone's health
 - Diabetes= having high levels of sugar in the blood
 - Heart disease= affects the heart and heart vessels
 - Cavities= decayed part of a tooth

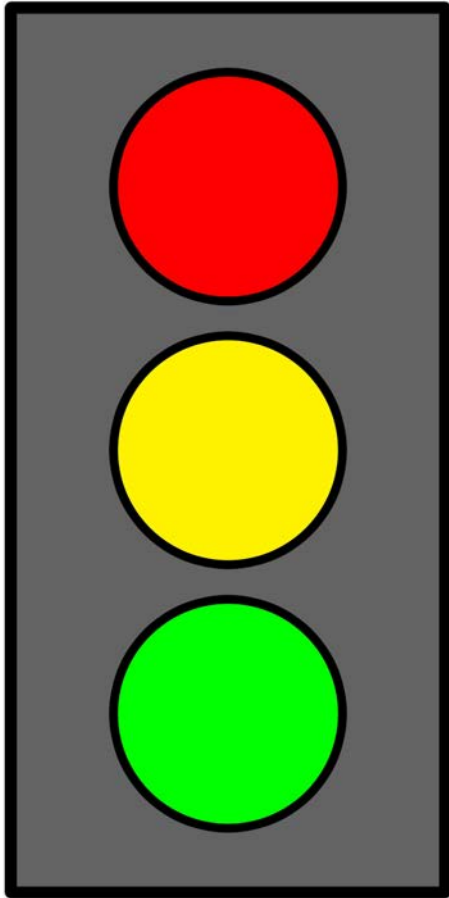




STOP- Drinks high in sugar with little to no nutrients

SLOW DOWN- Drinks that are nutritious but contain more sugar; choose these drinks less often

GO- Drinks are low in sugar and may be high in nutrients; choose these drinks more often!



- Energy drinks
- Soda
- Fruit Drinks
- Sports drinks



- Juices
- Low-Sugar drinks,
- Diet Soda



- Fruit infused water
- Seltzer
- skim or 1% milk
- water



How many teaspoons of **added sugar** are in your favourite beverage?



=



Pop 355 ml



=



100% Orange juice 250 ml



=



Sports drink 400 ml



=



Specialty coffee 360 ml

- Eating too much sugar can cause?

Answer: Obesity, diabetes, heart disease, cavities

- Is honey an added sugar or natural sugar?

Answer: Added sugar

- How many sports water bottles should you drink a day?

Answer: 5 sports drinks

- Out of these drinks which is the healthiest: Coke, Lemonade, Seltzer?

Answer: Seltzer

- Out of the sugar display which food item had the most sugar content?

Answer: Gatorade