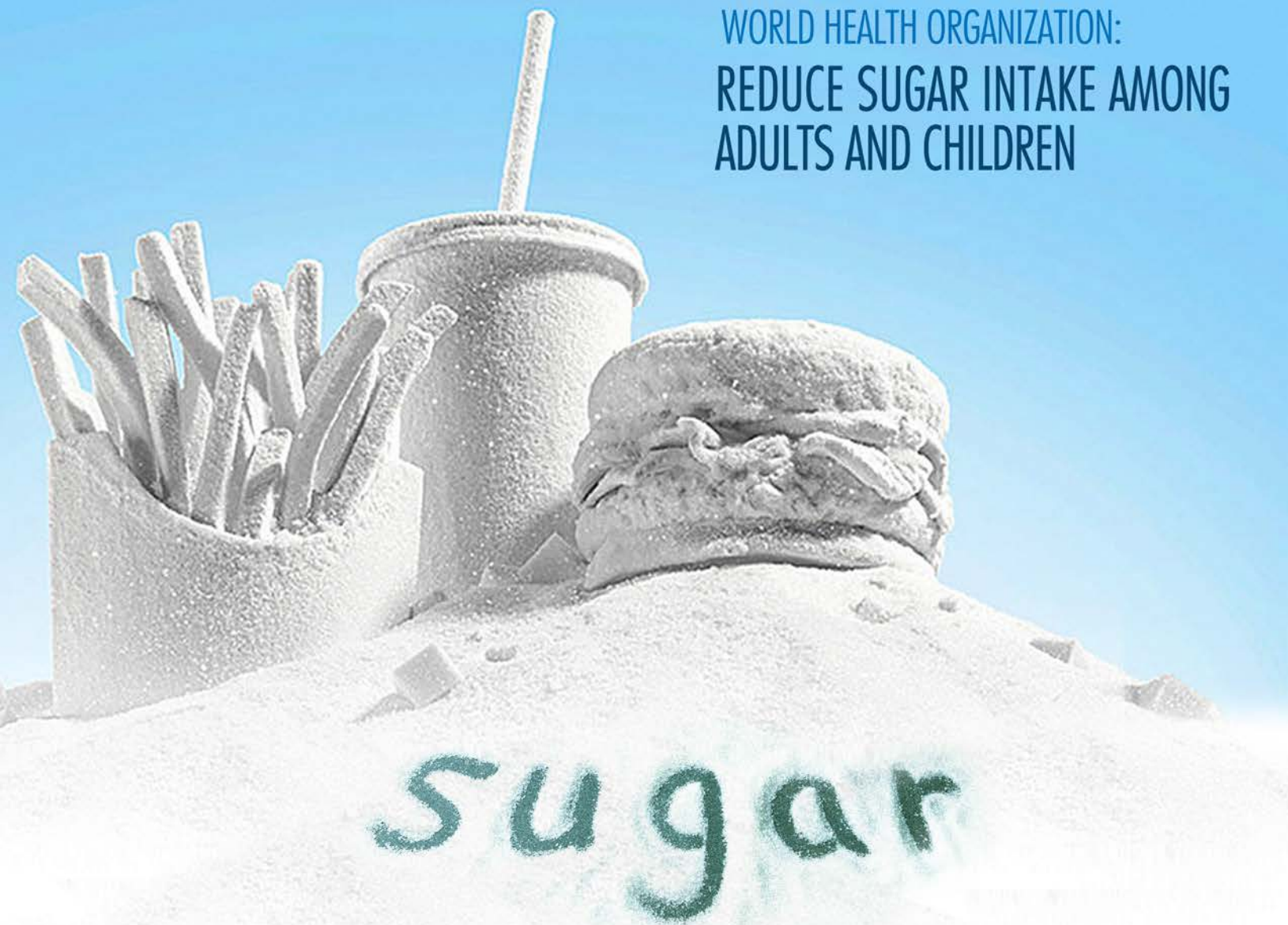


WORLD HEALTH ORGANIZATION:
REDUCE SUGAR INTAKE AMONG
ADULTS AND CHILDREN



What's Inside

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MENU OF THE MONTH:
Chicken and Shrimp Paella



WORLD HEALTH ORGANIZATION: REDUCE SUGAR INTAKE AMONG ADULTS AND CHILDREN

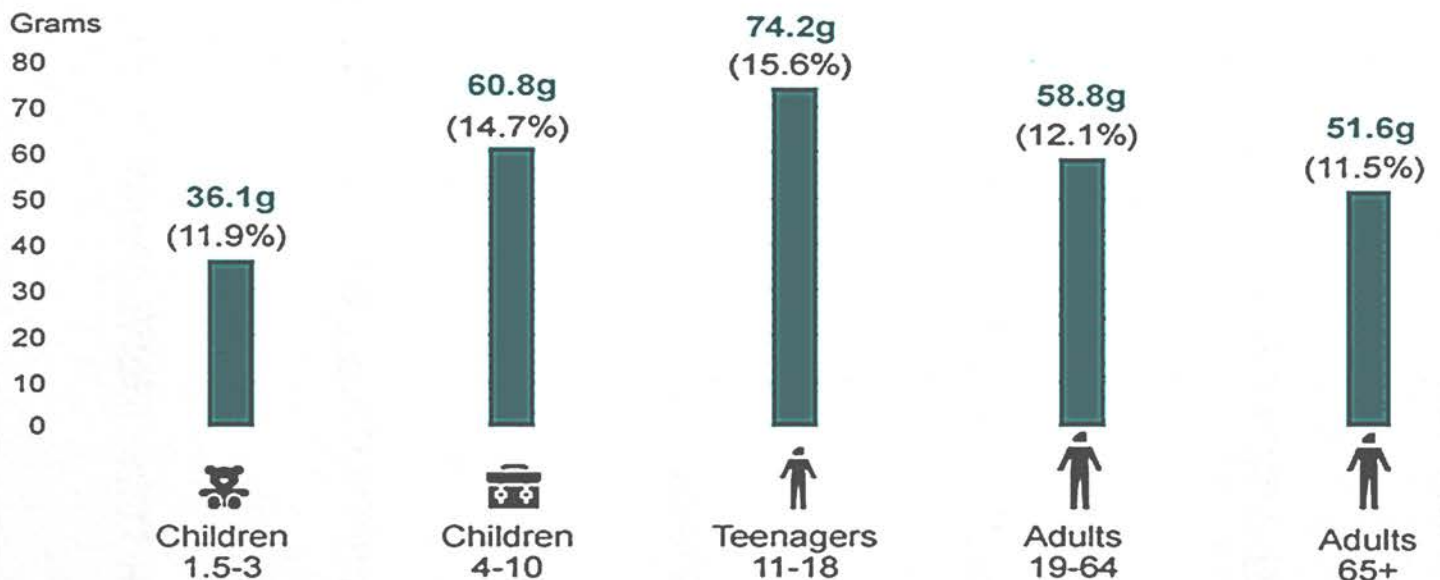


The World Health Organization (WHO) released a guideline recommending that adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. Free sugars refer to monosaccharides (such as glucose, fructose), disaccharides (such as sucrose or table sugar that are added to foods and drinks by the manufacturer, cook or consumer), and sugars naturally present in honey, syrups, fruit juices, and fruit juice concentrates.

The WHO guideline does not include sugars in fresh fruits and vegetables, and sugars naturally present in milk, because there is no reported evidence of adverse effects of consuming these sugars. Much of the sugars consumed today are hidden in processed foods that are not usually seen as sweets.

Daily added sugar intake, by age groups

Percentage of daily food energy from added sugars shown in brackets



DID YOU KNOW?

- 1 tablespoon of ketchup contains around 4 grams (around 1 teaspoon) of free sugars
- A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of free sugars

Source: National Diet & Nutrition Survey, rolling programme 2008-12

Tips Section

HOW DO YOU CUT YOUR SUGAR INTAKE?

Nutrition Facts	
Serving size 1 cup (240 mL)	
Amount Per Serving	
% Daily Value*	
Total Fat	10g
Sodium	20g
Total Sugar	10g
Total Fat	10g
Sodium	20g
Total Sugar	10g

1 Learn to read food labels and sugar's aliases.

2 Incorporate protein or fat with each meal.



3 Keep sugary snacks out of your house and office.

4 Choose whole foods.



5 Move your body

6 Don't substitute artificial sweeteners for sugar.



7 Drinks lots of water.

8 Have a piece of fruit.



Strong Recommendation:

Reduce Sugar Intake to Less than 10% of Total Energy Intake

Adults and children who consume less sugars are said to have lower chances of being obese and having tooth decay.

Conditional Recommendation:

Further Reduction to Less than 5% of Total Energy Intake

Reducing the intake of free sugars to below 5% of total energy intake provides additional health benefits in the form of reduced dental caries. In some countries, interventions to reduce free sugars intake include nutrition labelling of food products, marketing restriction of high level sugary food and non-alcoholic drinks to children, implementation of fiscal policies targeting foods and beverages high in free sugars, and maintaining an open dialogue with food manufacturers to reduce free sugars in processed foods.

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



1. If you reach for one cookie or chip, is the bag empty before you know it?
2. Can you skip dessert but empty the bread basket — and the pasta platter?
3. Can you control your food intake during meals but lose it when you start to snack, especially on chips and crackers?
4. When you want to lose weight, is it easier to skip meals altogether rather than just eat smaller ones?
5. Are you tired all the time? Are there things you'd love to do but just don't have the energy for?
6. Once you've had "just a taste" of bread, bagels, muffins, crackers, pasta, or rice, do you go back for a second (or third) helping?
7. Do you spend the day on a roller coaster of snacking highs and lows, hitting the doughnuts in the morning, the vending machine chips or candy in the afternoon, and the ice cream at night?
8. Do you eat healthy around other people but lose it when you're alone?

- If you answered yes to two or more odd-numbered questions, your food addiction likely lies with sweets or salty snacks—cookies, chips, cakes—that have been carefully engineered by food scientists to keep you eating and eating and eating.
- If you answered yes to two or more even-numbered questions, you are highly susceptible to the addictive powers of white flour (which acts like a sugar during digestion).
- If you answered yes to two or more odd- and even-numbered questions (at least four total questions), you are highly susceptible to food addiction, period.

Source: <http://www.rd.com/health/diet-weight-loss/sugar-addiction/>

Sources:
<http://www.drfranklipman.com/20-ways-to-get-sugar-out-of-your-life/>
<http://www.rd.com/health/diet-weight-loss/sugar-addiction/2/>



MENU OF THE MONTH: Chicken and Shrimp Paella

Ingredients:

<http://www.myrecipes.com/recipe>

- 6 chicken thighs (about 1 1/2 pounds), skinned
- 1 teaspoon chopped fresh or 1/4 teaspoon dried rosemary
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons vegetable oil
- 1 (4-ounce) link hot turkey Italian sausage
- 1 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 1/2 cups uncooked Arborio or Valencia rice
- 1/2 cup diced plum tomato
- 1 teaspoon Hungarian sweet paprika
- 1/4 teaspoon saffron threads, crushed
- 1 garlic clove, minced
- 3 cups fat-free, less-sodium chicken broth
- 3/4 pound large shrimp, peeled and deveined
- 1 cup (1-inch) diagonally cut asparagus
- 1/2 cup frozen green peas, thawed

DIRECTIONS:

Preheat oven to 400°.

Sprinkle chicken with rosemary, 1/2 teaspoon salt, and black pepper.

Heat the oil in a large nonstick skillet over medium-high heat.

Add chicken; cook 3 minutes on each side or until lightly browned.

Remove chicken from pan; cover and keep warm.

Remove casings from sausage. Add sausage to pan; cook 1 minute, stirring to crumble. Add onion and bell pepper; cook 7 minutes, stirring constantly. Add rice, tomato, paprika, saffron, and garlic; cook 1 minute, stirring constantly. Return chicken to pan. Add broth and 1/4 teaspoon salt; bring to boil. Wrap handle of pan with foil; cover pan. Bake at 400° for 10 minutes. Stir in shrimp, asparagus, and peas. Cover and bake an additional 5 minutes or until shrimp are done.

Nutritional Facts

Calories 433	Calories from fat 15%
Fat 7 g	Saffat 1.6 g
Monofat 2 g	Polyfat 2.5 g
Protein 34.8 g	Carbohydrate 52.8
Fiber 3 g	Cholesterol 156 mg
Iron 3.2 mg	Sodium 787 mg
Calcium 73 mg	

DID YOU KNOW?

You can revive wilted lettuce by soaking it in cold water.

Because lettuce cells have lower concentration of water molecules than does tap water, water will readily rush in the lettuce.

This re-inflates the cells and restore rigidity.



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Source: <https://scienceandfooducla.wordpress.com/2013/10/29/5-things-about-fruits-veggies/>