



February 17, 2016

ST. COLUMBA'S HEALTH CABINET PRESENTS

# The Reduce Sugar Email Program

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## Opening Prayer

Jesus,

Eagerly You resurrected the dead and restored the health of the sick. Be it physical or spiritual torment—none were a great obstacle to You. Your loving power is omnipotent. I ask for Your abounding healing love. Maintain my body and soul vigorously, so I may fulfill Your will.

Amen

Adapted from [www.catholic.org/prayers/prayer.php?p=1606](http://www.catholic.org/prayers/prayer.php?p=1606)

## Declare Your Goals

Welcome to the second issue! Hope you enjoy it.

If you haven't already, don't forget to declare your goal for the program. Please do this by February 23, 2016. The link is reprinted below.

Thanks!

Chanelle



## What's your goal?

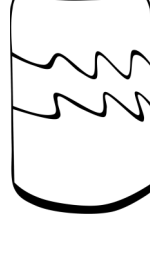
Hold yourself accountable by writing your goal for this program and declaring it proudly by clicking [here](#).

Note: All responses are anonymous.

## AHA Sugar Recommendations

In 2009, the American Heart Association (AHA) issued a scientific statement on sugar intake and health. Here is a summary of the findings and recommendations:

- A healthy balance diet contains naturally occurring sugar, since sugar is found naturally in fruits, vegetables, dairy, and some grains.
- However, sugar can have deleterious health effects when consumed in large amounts—particularly as added sugar.
- Added sugars are defined as “sugar and syrup that are added to food during processing or preparation.”
- Unfortunately, current labeling practices can make it difficult for consumers to distinguished naturally occurring sugars and added sugars in food .
- Regardless, soft drinks and other sweetened beverages have been identified as the primary source of added sugar in the average American's diet.
- The average daily sugar intake of an average American is 22.2 teaspoons. One can of cola soda contains 10 teaspoons of sugar.
- The recommended added sugar intake for an average woman is **6 teaspoons**. For men, it is **9 teaspoons**. So, one can of soda already exceeds the recommended daily sugar intake.



The full AHA Scientific Statement on Sugar Intake can be accessed [here](#).

## Easy Ways to Slash Sugar from Your Diet

Health.com presents a number of helpful tips on how to cut unnecessary sugar from your life. My favorite tips are to :

...Always read food labels for hidden sugar (even if you think the food is “healthy” and shouldn't contain sugar). Avoid the product if sugar is near the top of the ingredients' list.

...Learn sugar's aliases. Words ending in -ose are forms of sugar. Molasses, honey, and maple syrup are also forms of sugar and should only be used sparingly.

...Buy unsweetened. My favorite thing to buy unsweetened is yogurt and then add frozen fruit (with no sugar added) for flavor.

[Click here](#) for the complete article.

## Low Sugar Recipes

Self Disclosure: I am not a big proponent of artificial sugars or margarine, so I no longer cook with these things. Rather I use “real” sugar and butter very sparingly. However, I encourage you to take charge of your own health journey, you may substitute artificial sweeteners and margarine in the following recipes as you see

Also, due to copyright laws, I cannot recopy full recipe instructions that are not my own adaptations below. Hence, why I list the websites and not full instructions for some recipes. Please let me know if you are unable to access.

### Applesauce Blueberry Muffins

One way to limit processed sugar is to substitute more natural forms in recipes. Unsweetened applesauce can replace sugar in 1:1 ratio in recipes (Note: you will also need to reduce about 1/4 of the liquid in the recipe). 100 grams of sugar has 100 grams of sugar in it, while 100 grams of unsweetened applesauce has less than 30 grams of sugar in it... and about 1/3 of the calories. The following recipe uses unsweetened applesauce instead of sugar. Serve with scrambled egg whites and/or a low sugar fruit—such as cantaloupe—for more complete breakfast.

- ~1/2 cup milk
- 1 teaspoon vinegar or lemon juice

- 1 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt

- 1 egg
- 1/3 unsweetened applesauce
- 3 tablespoons olive oil

- 1/2 cup blueberries

1. Preheat the oven to 400 F. Line a muffin tin with baking cups.
2. Make mock buttermilk: In a glass measuring cup, add the 1 tsp of vinegar or lemon juice. Then add enough milk to make 1/2 cup of liquid. Let stand for at least 5 minutes until milk begins to curdle.
3. Mix the dry ingredients (the flour, baking powder, cinnamon, baking soda, and salt) in a large bowl.
4. Mix the egg in a separate medium bowl and add in remaining wet ingredients (the mock buttermilk, oil, and applesauce).
5. Add wet ingredients to the dry ingredients. Mix until moistened.
6. Fold in blueberries with spatula. Be careful to not overmix.
7. Spoon batter into muffin cups—filling about half way.
8. Bake for about 15 minutes until muffins are lightly brown and a toothpick comes out clean in the middle. Cool muffins on cooling rack for about 5 minutes before serving.

Adapted from the *Dieter's Cookbook*

### Low Carb Spaghetti (Vegan Version)

Our body uses carbohydrates for energy. However, too much carbohydrates can be detrimental to our health, because our body turns carbohydrates into sugar. The following recipe limits both carbs and sugar, by using zucchini noodles (a squash) instead of the usual wheat noodles and using handmade tomato sauce that skips the sugar (unlike store brands).

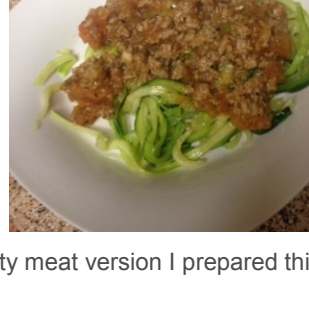
- 2 Zucchini (or more depending on your preference)
- 1 tablespoon olive oil
- 1/4 cup water
- salt and ground black pepper to taste

- 10-12 fresh plum tomatoes (approximately 2-2 1/2 lb)
- 2 Tbsp extra virgin olive oil
- 3 cloves garlic, finely chopped
- Pinch crushed red chile flakes
- 1/8 tsp unrefined sea salt
- 1/4 tsp freshly ground black pepper
- 2 Tbsp finely chopped basil or parsley, or a combination

1. Make zucchini noodles using the [following instructions](#). Set aside in a colander to let drain while preparing sauce.
2. Make tomato sauce using the [following instructions](#).

For a Meat Variation:

3. Brown about 1lb lean ground turkey on a lightly oiled skillet.
4. Mix in with sauce.
5. Top noodles with sauce.



Tasty meat version I prepared this week

Thanks for participating in the first week of this program. If you are not already on the weekly email list or if you have any questions or comments, please email me at [chanellegordon@gmail.com](mailto:chanellegordon@gmail.com).