

Sugar & Sweeteners and Mindful Eating

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Program Components

Part One: Sugar and Sweeteners

Part Two: Mindful Eating





Sugar and Sweeteners



Sugar

Glucose

Body's main fuel source

Suppresses hunger

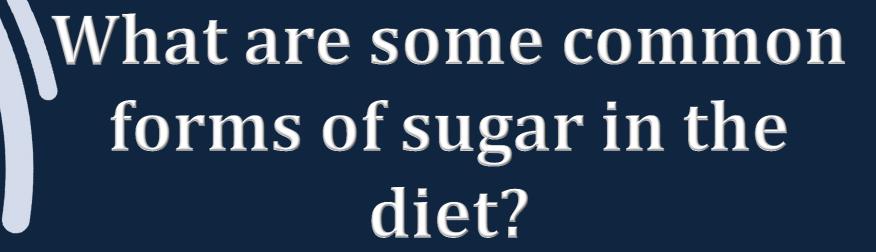
Fructose

Metabolised by the Liver

Bypasses appetite control regulation

Converted to free fatty acids and triglycerides







Sweeteners

Artificial



Natural

VS









Sweeteners



950 Acesulphame Potassium: a sweetener **Potential Effects:** Caused lung tumours, breast tumours, leukaemia, respiratory diseases and cancer in animals **Other Foods:** Flavoured milk, ice-cream, confectionery, jams, bakery products

951 Aspartame: a sweetener **Potential Effects:** Headache, depression, anxiety, asthma, fatigue, hyperactivity, blindness, aggression, migraine, dizziness, irritability

Other Foods: Processed foods, confectionery, low joule foods, may be in anything labelled 'sugar free' or without added sugar'

Recommendations













Mindful Eating



Mindful Eating

Physiological Hunger



Psychological Hunger





Mindful Eating





- Sit down to eat
- Eat without distraction
- Brush your teeth after dinner
- Turn kitchen lights off after dinner
- Re-arrange your pantry





Question Time





References

Dr Mercola 2013, 'Sugar sustitutes, what's safe, what's not', http://articles.mercola.com/sites/articles/archive/2013/10/07/sugar-substitutes.aspx

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http://www.processedfreeamerica.org/resources/health-news/535-raw-sugarcane-juicenatures-perfectwonder-food

