



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



What are some common
forms of sugar in the
diet?

Sweeteners

Artificial



VS

Natural



Sweeteners



Carbonated Purified Water,
Flavour, Colour (Caramel
150d), Food Acids (338,
330), Sweeteners (951, 950),
Preservative (211), Caffeine.
Contains Caffeine.
Contains Phenylalanine.

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**



VS

Psychological **Hunger**



Mindful Eating



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 substitutes, what's safe, what's not',
<http://articles.mercola.com/sites/articles/archive/2013/10/07/sugar-substitutes.aspx>

Dee McCaffrey 2011, 'Raw sugarcane Juice nature's perfect wonder food',
<http://www.processedfreeamerica.org/resources/health-news/535-raw-sugarcane-juicenatures-perfect-wonder-food>

