



# Too Much A One Ting Good Fi Nutten

PART 1

## SUGAR

### How much sugar should we eat per day?

We should consume no more than 9 teaspoons of added sugar per day. One 12-ounce (350ml) can of soda has 8 teaspoons of added sugar! That is the sugar for your whole day in one drink. Given our history, we got used to added sugar but this is not necessary.

### What's bad about excess or added sugar?

Eating too much added sugar can lead to weight gain, diabetes, raised blood pressure, chronic inflammation and fatty liver disease<sup>1</sup>. Added sugar in drinks is especially bad since drinks do not satisfy hunger (wasted calories) sodas have no nutrients, it's just sugar, water, and coloring (empty calories) and they increase diabetes (dangerous calories).

### How do I choose foods with less sugar?

- Cut back on sweets, sugary drinks and desserts.
  - Snacks on fruits instead of cakes, candies and other sweets.
  - Drinks more water instead of sugary drinks. This will help to maintain a healthy weight
- Read nutritional facts panel.
  - Knowing the nutrition content of foods help in making informed choices.

- Reading food labels is very important to help us reduce the calories, fat and sugar we eat.

For more info on  
added sugars



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## SALT

### How much salt should we eat per day?

We should use no more than 2300mg of salt per day. In Barbados the average sodium intake in men was 4,300 mg while in women it was 2,900 mg<sup>2</sup>.

### What's bad about excess salt?

Eating too much salt makes your body hold onto water. This puts an extra burden on your heart and blood vessels which often causes high blood pressure. People with high blood pressure are more likely to get heart attack or stroke- the most common causes of ill health and death.

### What are sources of salt?

Ultra-processed foods, fast foods, tin foods. Salt is also added during food preparation.

<sup>1</sup> <https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar#:~:text=%22The%20effects%20of%20added%20sugar,and%20stroke%2C%22%20says%20Dr.>

<sup>2</sup> Harris RM, Rose AMC, Hambleton IR, Howitt C, Forouhi NG, Hennis AJM, Samuels TA, Unwin N. Sodium and potassium excretion in an adult Caribbean population of African descent with a high burden of cardiovascular disease. *BMC Public Health*. 2018 Aug 9;18(1):998. doi: 10.1186/s12889-018-5694-0. PMID: 30092782; PMCID: PMC6085702.

### How can I cook with less salt and more flavor?

- Use products made without added salt
- Use herbs and spices to add flavor to foods. Fresh herbs provide more flavor than dried – **garlic, thyme, scallion, pepper.**
- Sprinkle **vinegar** or **lime** on foods just before eating instead of salt.
- Eat fresh lean meats, skinless poultry, fish, egg whites and tuna canned in water. If you decide to eat canned / tinned items, drain off the liquid before using them in a meal.
- Choose unsalted nuts or wash off or rub off the salt just before eating.
- Soak salted fish and meats over night to get out the salt. Pour boiling water to remove more salt.
- Avoid adding salt at the table.

### FATS

#### What is trans-fat?

These are cheap fillers which are added to foods during the manufacturing process to increase bulk and allow for a longer shelf life. The vast majority (80%) of trans fats are industrially produced and have no nutritional value. Trans-fat raises bad cholesterol levels which increases the risk for heart attack and stroke.

#### Resources



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#### ACTIVITY ONE

### Read and discuss | Alcohol and Trans-fat

Visit the **National Council on Drug Abuse's** website. What similarities do you see between the list under "Effects of Chronic Abuse" and Proverbs 23:21?



National Council on Drug Abuse

#### ACTIVITY ONE

##### BRAINSTORMING QUESTION 1

*What foods can we use to help lower blood pressure? We will create a list of low salt foods and foods high in potassium.*

##### BRAINSTORMING QUESTION 2

*What foods are high in trans-fat?*

### Instructions for Brainstorm

The purpose of a brainstorm is to creatively share our thoughts and solutions as we help each other make small steps to a healthy lifestyle. To do this, we follow these guidelines:

- i. Share as many ideas as possible during a set time.
- ii. Build on the ideas of others.
- iii. Encourage all ideas but stay focused on the topic.
- iv. Avoid judgment of ideas that are shared. No commenting during the brainstorm – no negative or positive comments. No laughing at or degrading others' ideas.
- v. No questions until after the brainstorm.
- vi. After the brainstorm allow persons to ask questions and seek clarifications if necessary.

#### ACTIVITY THREE

## Creating and Sharing healthy recipes

Using the tips above about creating low salt and low sugar foods, create a healthy recipe and share videos of you preparing it, and/or pictures of the meal with your immediate faith community, family and friends via **WhatsApp** or other social media tool.

Reading Materials



The Jamaica Gleaner