



December 2016

Nutrition Connection

The latest news and events from the [Kendall Reagan Nutrition Center](#) at Colorado State University

Is Sugar Addictive?

It is sometimes said that sugar is “toxic” or “addictive” and it often blamed as the sole culprit in obesity and diabetes. While it is true that sugary foods can stimulate the same part of the brain responsible for pleasure and reward, as do many illicit substances, there are reasons other than addiction that eating could be linked with the reward area of the brain.

For example, when we eat a tasty food, our brain naturally releases serotonin, which gives us the feeling of happiness or pleasure. It is that feeling of well-being produced by serotonin that we come to crave, not the food itself. Additionally, many experts argue that it is food restriction and dieting which cause intense cravings and desires for certain foods, not a physical addiction.



Different Types of Sugars

When it comes to consuming sugar, it is important to know what kind of sugar is in the food you are eating. The two major groups of sugars are natural sugars and added sugars. Natural sugars are those naturally found in foods such as fruits, vegetables, grains, unflavored milk, and plain yogurt. They are bound by fiber and protein and are healthful to consume. It is the combination of excess added sugars and fats, along with a lack of physical activity which can lead to an unwanted increase in weight, diabetes, and heart disease. The best way to limit added sugar is to eat whole, unprocessed foods such as fruits, vegetables, lean meat, unflavored dairy products, and whole grains.

Check the ingredient list on a food label to identify and limit added sugars. Here are some examples of processed or added sugars:

- Agave syrup
- Brown sugar
- Cane juice and cane syrup
- Confectioner's sugar
- Corn sweetener and corn syrup
- Dextrose
- Fruit juice concentrate
- Granulated white sugar
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt syrup
- Raw sugar
- Sucrose

Moderation is Key

December is full of holiday parties, celebrations, and get-togethers with friends and family. What is guaranteed to be at all of them? Food. The key to eating through the holidays is not complete deprivation or overindulgence, but moderation. Enjoy some cookies, fudge, or sweet desserts, but limit yourself to small tastes instead of the whole plate. At a social gathering:



- **Limit quantity, not quality.** Choose a small plate and add small amounts of the foods you would like to eat.
- **Choose your location.** Socialize away from the food table so it is harder to graze.
- **Plan ahead.** Eat a small, nutritious meal before you go to the party so you will not be as hungry and fill up on high-sugar, high-fat foods.
- **Savor.** Take time to enjoy each bite and really experience the flavor and texture.

New Sugar Recommendations

According to the 2015-2020 Dietary Guidelines for Americans, an individual should consume no more than 10% of total calories from added sugar. This does not include natural sugars found in fruit or unflavored dairy. It includes the added sugar found in sodas, fruit drinks, desserts, and even in marina sauces, salad dressings, flavored yogurts, and breakfast cereal. For example, when eating 2,000 calorie per day, only 200 calories should come from added sugars, equivalent to about 12 teaspoons per day. The average can of soda has 9 teaspoons of sugar by itself!

Practice Mindful Eating Over the Holidays

Mindful eating is eating with intention and attention. Instead of eating unconsciously, not really even tasting your food, mindful eating is paying attention to your thoughts, feelings, and sensations. It will help you slow down and savor your food instead of rushing through your meal. During this holiday season, enjoy your favorite foods through mindful eating.

- Truly appreciate your food. Slow down and enjoy each bite with purpose.
- Expect distractions in social situations. Be aware of the tendency to overindulge when those around you are indulging, too.
- Check to see how hungry you are before you begin eating. Listen to your emotional cues to see if you are really hungry, or maybe just bored or stressed.
- Practice gratitude. Think about the time and effort it took to prepare the meal and give thanks to the farmer, truck driver, or cook who helped make it possible.

Seasonal Vegetable Frittata

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 small onions, chopped
- 8 ounces unpeeled potatoes, sliced paper thin
- 2 chopped shallots
- 2 pinches of fine sea salt
- 8 ounces seasonal vegetables cut into 1/2 inch pieces
- 10 large eggs, beaten well
- 1/4 cup crumbled goat or feta cheese
- Small bunch of chives, chopped



Directions:

1. Heat olive oil in 12-inch ovenproof skillet over medium heat. Preheat the oven to broil.
2. Add the onions, potatoes, and half of the shallots and 2 pinches of salt. Cover and cook until the potatoes are just cooked. Add the rest of the vegetables and cook until soft. Leave half of the vegetable mixture in the skillet and put the other half in a bowl.
3. In a separate bowl, whisk the eggs together and add a pinch of salt. Pour the egg mixture into the skillet with the vegetables. Cover and cook until the eggs are cooked through.
4. When eggs are cooked, add the remaining shallots and remaining half of vegetable mixture which was set aside in a bowl. Sprinkle on cheese. Remove the skillet from the heat.
5. Place the whole ovenproof skillet under a broiler for just a couple of minutes. Watch carefully. When the frittata is puffed up and set, it is done.
6. Remove from broiler and sprinkle on chives. Serve and enjoy.

Yield: 8 Slices

Serving Size: 1 Slice

Nutritional Information for 1 cup

Calories	172	Saturated Fat	3.0 g
Total Fat	10.4 g	Sodium	417.3 mg
Total Carbohydrate	10.0 g	Dietary Fiber	1.6 g

Upcoming Programs and Events at the KRNC

Upcoming Programs

Now registering! Healthy Store Tour at Esh's Discount Grocery Store

Receive a 10% discount on groceries after we teach you how to make the best choices.

Saturday, December 10th from 10-11am. Only \$5! Call to register (970) 491-8615

Now registering! Healthy You: Weight Management and Mindful Eating Program

This successful program presents nutrition information in a new way to help you find your motivation, eat better and enjoy a healthier lifestyle without dieting.

Beginning January 19, 2017 from 5L30-7 pm.

\$100 for community members and \$60 for CSU employees and students. [CLICK HERE TO REGISTER.](#)

Now registering! National Diabetes Prevention Program

You can prevent diabetes with our engaging, interactive class.

Beginning February 6th- Mondays from 5:30-6:30pm

FREE if you have Anthem Blue Cross Blue Shield insurance.

You are also welcome to self pay—very reasonable price.

Call for more information or [CLICK HERE TO REGISTER.](#)

Now registering! Healthy Pregnancy Nutrition Lunch and Learn

If you are pregnant or thinking of becoming pregnant, you will love learning how to provide the best nutrition for you and baby.

*Thursday, January 12th from 12-1pm. **Lunch is included!***

\$30 for community members and students. FREE for CSU employees.

[CLICK HERE TO REGISTER OR FOR MORE INFORMATION](#)

Save the Dates - registration open soon!

Vegan Valentine's Day Date Night Cooking Class

- Friday, February 10th from 6-8 pm. \$75 per couple.

Making Spanish Tapas

- Thursday, March 2 from 6-7:30 in collaboration with the CSU Alumni Association

Date Night Cooking Class

- Friday, April 7 from 6-8 pm. \$75 per couple.



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