



# August 09 Newsletter

## Sweet Facts

Sugar is the number one food additive. If sugar makes it to the first or second item on an ingredient list, the food product is likely to be very high in sugar. According to the Canadian Sugar Institute, Canadians consume about 63 grams of sugar a day from prepared or packaged foods, accounting for more than 12% of calories a day, based on 2,000 calories. Sugars are what nutrition experts call empty calories. That means they are high in calories without contributing to overall nutrition.

	Source	Calories	Health issues	Other
<b>Sucrose (sugar)</b>	Sugar cane	4 calories/gram	-Diets high in sucrose raise triglyceride and LDL's (bad cholesterol levels) -Sugar on teeth encourages bacterial growth, plaque and gingivitis	
<b>Fructose</b>	Sugar found in fruit and honey	4 calories/gram	-If its not used immediately by the muscles it is converted to fatty acid. -Fructose converts to fat more than any other sugar. -Diets high in fructose raise triglyceride and LDL's (bad cholesterol).	50-75% sweeter than sucrose
<b>High Fructose corn Syrup (HFCS)</b>	Liquid sweetener produced from corn sugar.	4 calories/gram	-HFCS interferes with the metabolism of key minerals like magnesium, chromium and copper. Mineral deficiencies lead to bone fragility, anemia and inability to control blood sugar levels	-Much sweeter than sucrose or fructose. -Widely used in almost everything (soda, processed foods)
<b>Honey</b>	Composed of fructose and glucose	22 calories per teaspoon	-Promotes probiotic properties and beneficial bacteria. -The darker the honey, the more antioxidants.	-Lower glycemic response than sugar
<b>Sugar Alcohols</b> -Sorbitol -Mannitol -Xylitol -Lactitol -Maltitol	Products labelled "Sugar Free"	1.5-4 calories/gram	-May cause gas and bloating -Possible gastrointestinal upset -Excessive consumption may have a laxative effect for products with sorbitol and mannitol. -Converts to glucose slowly, and does not cause sudden increase in blood sugar.	-Taste and texture not equal to real sugars. -Provide build and texture for a cooling effect.

Non-Nutritive Sweeteners:	Chemical Make Up	Calories	Sources/Upper intake limits	Sweetness
<b>Aspartame</b>	Made of two amino acid proteins. Aspartic acid and phenylalanine	4 calories/gram	-Sold as Nutrasweet, Equal and Sugar Twin -FDA approves upper limit is 50 mg/kgbw/day.	-200 times sweeter than sucrose
<b>Sucralose</b>	3 Chlorine molecules replace three hydroxyls on a sugar molecule.	Not absorbed; 0 calories/gram	-Sold as Splenda -FDA approved upper limit is 5.0mg/kgbw/day	-600 times sweeter than sucrose
<b>Saccharin</b>	Made from sodium, nitrogen, hydrogen molecule	Not absorbed; 0 calories/gram	-Sold as Sweet'N Low, and Sweet Twin. -FDA approved upper limit is 25 mg/kgbw/day	-300 times sweeter than sucrose
<b>AcesulfameK</b>	Similar chemical structure to Saccharin. K refers to Potassium, caution for those on a potassium restrict diet.	Not absorbed; 0 calories/gram	-Found in sugar free Jello and trident gum. -FDA approved upper limit is 15 mg/kgbw/day	-200 times sweeter than sucrose

\*Non Nutritive sweeteners DO NOT produce a glycemic response (no insulin release).

FDA= Food and Drug Administration  
 mg/kgbw/day = maximum recommended amount of product measured in milligrams per kilogram of bodyweight per day.  
 ex. aspartame 50mg per kg of body weight per day.



**Rehab Plus**  
Rehabilitation & Fitness Centre



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## Obesity; A rising concern in our society

According to Health Canada the number of Canadians who are overweight or obese has increased dramatically over the past 25 years. Obesity is a risk factor in a number of chronic diseases including hypertension, heart disease, type 2 diabetes, sleep apnea or other breathing problems, osteoarthritis and some forms of cancers. Statistics Canada reports that two out of every three adults in Canada are overweight or obese. Achieving and maintaining a healthy weight is important to reduce the risk of those diseases and improve overall health. Statistics Canada reports that two out of every three adults in Canada are overweight or obese.

The body mass index (BMI) and waist circumference (WC) measurement are two tools used by health professionals to help assess your risk of developing health problems associated with being overweight and underweight. These tools are used with adults age 18 years and over.

The BMI is a ratio of weight-to-height. It is not a direct measure of body fat but it is an indicator of health risk associated with being under- and overweight. Research conducted with large groups of people have shown that the BMI can be classified into ranges associated with health risk. There are four categories of BMI ranges in the Canadian weight classification system. These are:

- 1 underweight (less than 18.5)
- 2 normal weight (between 18.5 and 24.9)
- 3 overweight (between 25 and 29.9)
- 4 obese (30 and over)

The WC measurement is an indicator of health risk associated with abdominal obesity. Excess fat around the waist and upper body is associated with greater health risk than fat located more in the hip and thigh areas.

A WC measurement of 102 cm (40 in.) or more for men, and 88 cm (35 in.) or more for women, is associated with an increased risk of developing health problems such as Type 2 diabetes, coronary heart disease and high blood pressure. As the cut-off points are approximate, a WC just below these measurements should also be taken seriously. In general, your risk of developing health problems increases as your WC measurement increases above the cut-off points.

Your age, family history and the presence of other health conditions, such as high cholesterol, high blood pressure or high blood sugar levels can all interact with being overweight or obese to greatly elevate your risk of developing a wide range of chronic diseases. Poor eating habits, physical inactivity, and tobacco use not only contribute to the development of these conditions, they can further exacerbate their burden on your health.

**HOW WE CAN HELP?** Here at Rehab Plus member receives a FREE fitness Assessment where we evaluate body composition including BMI and Waist circumference. From the results of the fitness assessment we design a personalized training program to improve fitness scores as well as achieve other personal goals. (applies to memberships of one month or greater)

**HEALTH ISSUES LIMITING YOUR CONFIDENCE IN STARTING A GYM PROGRAM?** We offer a number of options starting from our Cardiac rehabilitation & Chronic Disease Lifestyle program, physiotherapy for those suffering from acute or chronic injuries.

**CALL OR STOP BY TO FIND OUT MORE DETAILS ON HOW WE CAN HELP YOU ACHIEVE YOUR HEALTH AND FITNESS GOALS.**



**Rehab Plus**  
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