

# Rethink Your Sweets





# Eating the MED Way





# What sets the Med Way apart from other eating patterns?



# How can you eat the Med Way?

1

Change  
your  
protein

2

Swap  
your  
fats

3

Eat  
more  
vegetables

4

Eat  
more  
fruit

5

Snack  
on nuts  
and seeds

6

Make  
your grains  
whole

7

Rethink  
your  
sweets

## 7 Steps to Eat the Med Way

7

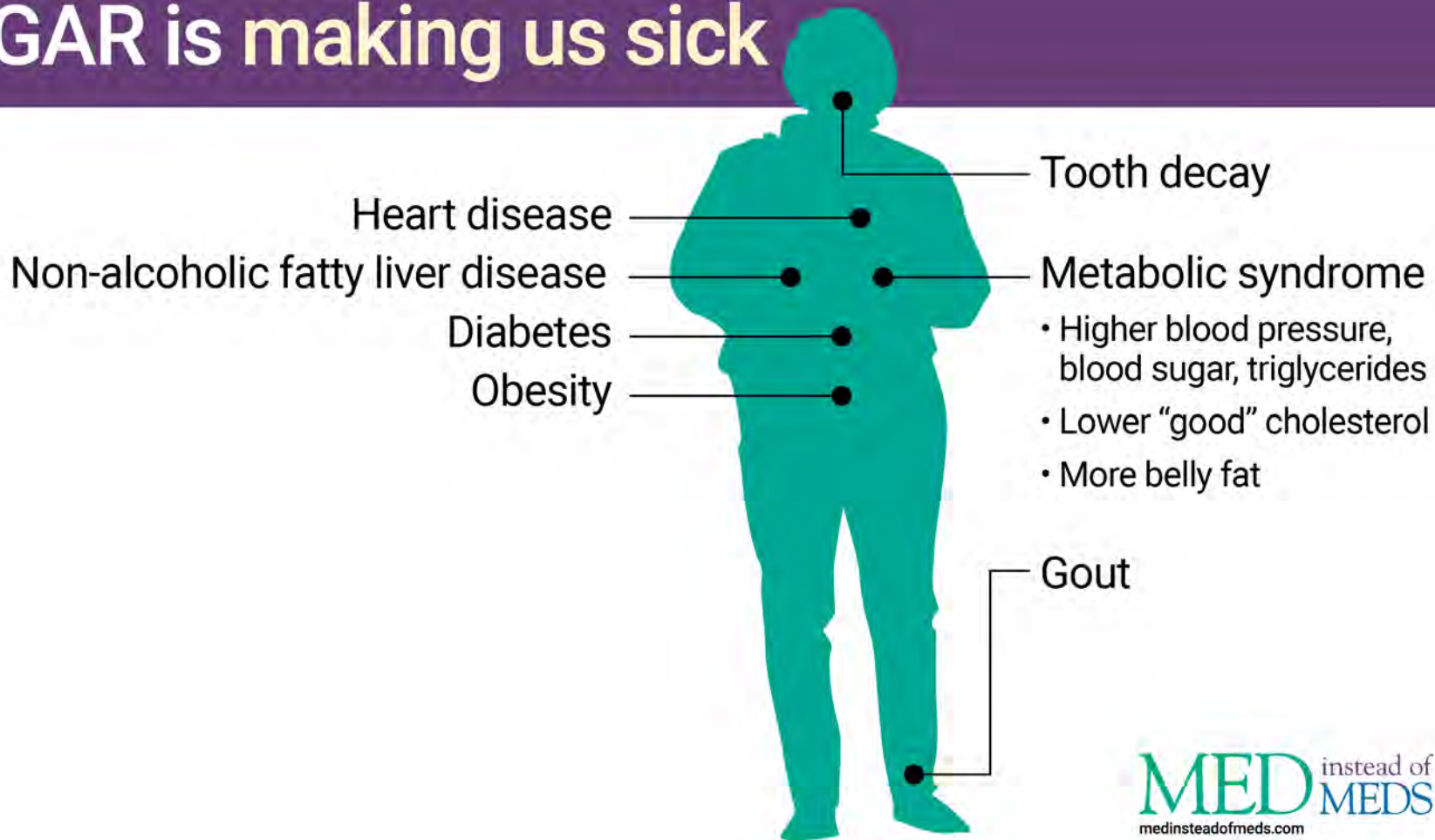
# Rethink your SWEETS



7 Steps to Eat the Med Way



# SUGAR is making us sick



# Inflammation

**SUGAR** is making us sick



## Added Sugar

- All sugars used as ingredients in processed and prepared foods
  - For example, sugars used to make breads, crackers, soft drinks, jams, pasta, and many snack foods
- Sugars eaten separately or added to foods at the table



## Sugar Found Naturally in Food

- Naturally occurring sugars are found in milk and milk products, fruits, and vegetables





- Sugar makes us feel good—it signals the release of serotonin and endorphins.
- Sugar tastes good.

**We crave sugar from birth.**



The average American consumes about **152 pounds** of **SUGAR** per year.





26–30 teaspoons



A silver spoon is shown overflowing with white granules, likely sugar or salt, against a blue background. The granules are piled high, spilling over the edges of the spoon. The background is a textured blue surface with scattered granules.

**3X**

**recommended  
amount**



43%  
Soft  
drinks



19%  
Grain-based desserts



16%  
Candy



9%  
Dairy desserts and flavored milk

Sugar in America

6-9  
teaspoons of added sugar

Recommended limit



# SUGAR: Too much of a sweet thing

**23** teaspoons of added sugar consumed by average American per day

**15** teaspoons of added sugar in a 20-oz. soda

VS

**6** teaspoons of added sugar recommended for **women** per day

**9** teaspoons of added sugar recommended for **men** per day





74% of processed foods contain added sugar.  
**An assault on our palate!**



# MED TIPS

## Read labels.

### Sugar by Other Names

Agave nectar

Brown sugar

Cane sugar

Corn sweetener

Corn syrup

FructOSE

DextrOSE

Evaporated  
cane juice

Fruit juice  
concentrate

GlucOSE

High fructOSE  
corn syrup

Honey

Invert sugar

MaltOSE

Malt syrup

Maple syrup

Raw sugar

Turbinado sugar

SucrOSE

Syrup



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Is regular sugar better than  
high fructose corn syrup?

Is honey okay?

Is agave healthy?

Sugar in the raw—is that okay?

Nutrition Facts	Amount/Serving	% DV	Amount/Serving	% DV
	Total Fat 1g	1%	Total Carb. 8g	3%
About 5 servings per container	Sat. Fat 0g	0%	Fiber 2g	7%
Serving size 1/2 cup (125g)	Trans Fat 0g		Total Sugars 5g	
Calories per serving 50	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 410mg	18%	Protein 2g	
	Vit. D 0mcg 0% • Calcium 60mg 4% • Iron 0.9mg 4% • Potas. 440mg 10%			

10 servings per container	
Serving Size 1 Slice (51g/1.8 oz)	
Amount per serving	% Daily Value*
<b>Calories 110</b>	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 210mg	6%
Total Carbohydrate 17g	13%
Dietary Fiber 4g	6%
Total Sugars 1g	0%
Includes 0g Added Sugars	
Protein 5g	0%
Vitamin D 0.2mcg	8%

Whole Wheat, Seeds, Flax Seed, Wheat Flour (Flour), Riboflavin, Folic Acid, Buttermilk, Yeast

Our vendors follow Practices to segregate cross contact with Made in a facility with eggs & soy.

Dist. & Sold Exclusively at Trader Joe's, Mo

**TRINITY**  
original

Nutrition Facts	
about 8 servings per container	
Serving size 16 pieces (31g)	
Amount per serving	% Daily Value*
<b>Calories 140</b>	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 90mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP FROM CORN AND BARLEY, SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

# Read labels.

Nutrition Facts		% Daily Value*	
Total Fat 16g		21%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 140mg		6%	
Total Carbohydrate 9g		3%	
Dietary Fiber 2g		7%	
Total Sugars 5g			
Includes 4g Added Sugars		8%	
Protein 6g			
Vitamin D 0mcg	0%	Calcium 0mg	0%
Iron 0.4mg	2%	Potassium 90mg	2%
Vitamin E 1.5mg	10%	Niacin 2.4mg	15%

INGREDIENTS: ROASTED PEANUTS, SUGAR, PALM OIL, PEANUT OIL, HONEY, SALT.

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GLUTEN FREE

Good source of Vitamin E



Less than 6 grams  
sugar per serving



Less than 5 grams  
sugar per 100 calories





Read labels.

New Label:  
Added sugar required

Rethink your SWEETS.

Side-by-side comparison

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 230		Calories from Fat 72	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Original Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
<b>Amount per serving</b>	
<b>Calories</b> <b>230</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

New Label



# Read labels and ingredient lists.

## BEWARE:

Marinades

Sauces

Dressings

MANY are very high in sugar.



### CARIBBEAN JERK MARINADE WITH PAPAYA SAUCE

**INGREDIENTS** HIGH FRUCTOSE CORN SYRUP, WATER, VINEGAR, SALT, PAPAYA JUICE, WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR), LIME JUICE, ONION, MODIFIED CORN STARCH, SPICES (INCLUDING ALLSPICE, CHILI PEPPER, AND CILANTRO), GARLIC, SOYBEAN OIL, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), XANTHAN GUM, EXTRACTIVES OF PAPRIKA, NATURAL FLAVORS, TITANIUM DIOXIDE, AND CITRIC ACID.

Rethink your **SWEETS**.

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**▶ GO MED**  
**Life Hack**

# Make your own marinades.



**ACID**  
Vinegar  
Citrus juice  
Wine

+



**OIL**  
Olive oil  
Canola oil  
Sesame oil

+



**SEASONING**  
Oregano  
Cumin  
Garlic  
Shallots  
Chili

Rethink your **SWEETS**.



# MED TIPS

Don't drink sugar.



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# Liquid calories



# Food calories



All calories are not created equal.



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# MED FLIPS

Don't drink sugar.



or



Ginger Flavored Green Tea



Cranberry Lime Soda

Rethink your **SWEETS**.

# MED FLIPS

Flavor your water  
with fruits, vegetables,  
and herbs.

Try iced herb tea  
without sweetener.



Strawberry Mint Water



Cucumber Citrus Water



# MED FLIPS DIY oatmeal



10 grams ADDED sugar



Oatmeal with Fruit and Nuts

0 grams ADDED sugar

Rethink your SWEETS.

# MED FLIPS DIY yogurt



11 grams **ADDED** sugar  
**Almost 3 teaspoons**



0 grams **ADDED** sugar  
Add your own sweetener—  
use less or use just fruit.

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# MED FLIPS DIY yogurt



11 grams ADDED sugar



Yogurt Bark with Berries

0 grams ADDED sugar

Rethink your SWEETS.



▶ GO MED

Life Hack

# Break your sugar habit.

- Assess your sugar intake and cut back gradually. Give your palate time to adjust.
- Beverages are a good place to start.
- Allow yourself SMALL sweets so that you don't feel deprived and become more likely to over consume.
- Buy high-sugar foods in SMALL quantities—think QUALITY not quantity.
- Use the natural sugar in fruit to calm your sugar cravings.



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**MED**  
**FLIPS** Break your sugar habit.



or



Microwave Baked Apple

Rethink your **SWEETS**.

# What about artificial sweeteners?

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# Mindful Living and the Med Way



Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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# Why is being active so important?







Be aware  
of how  
you move  
your body  
throughout  
the day.

Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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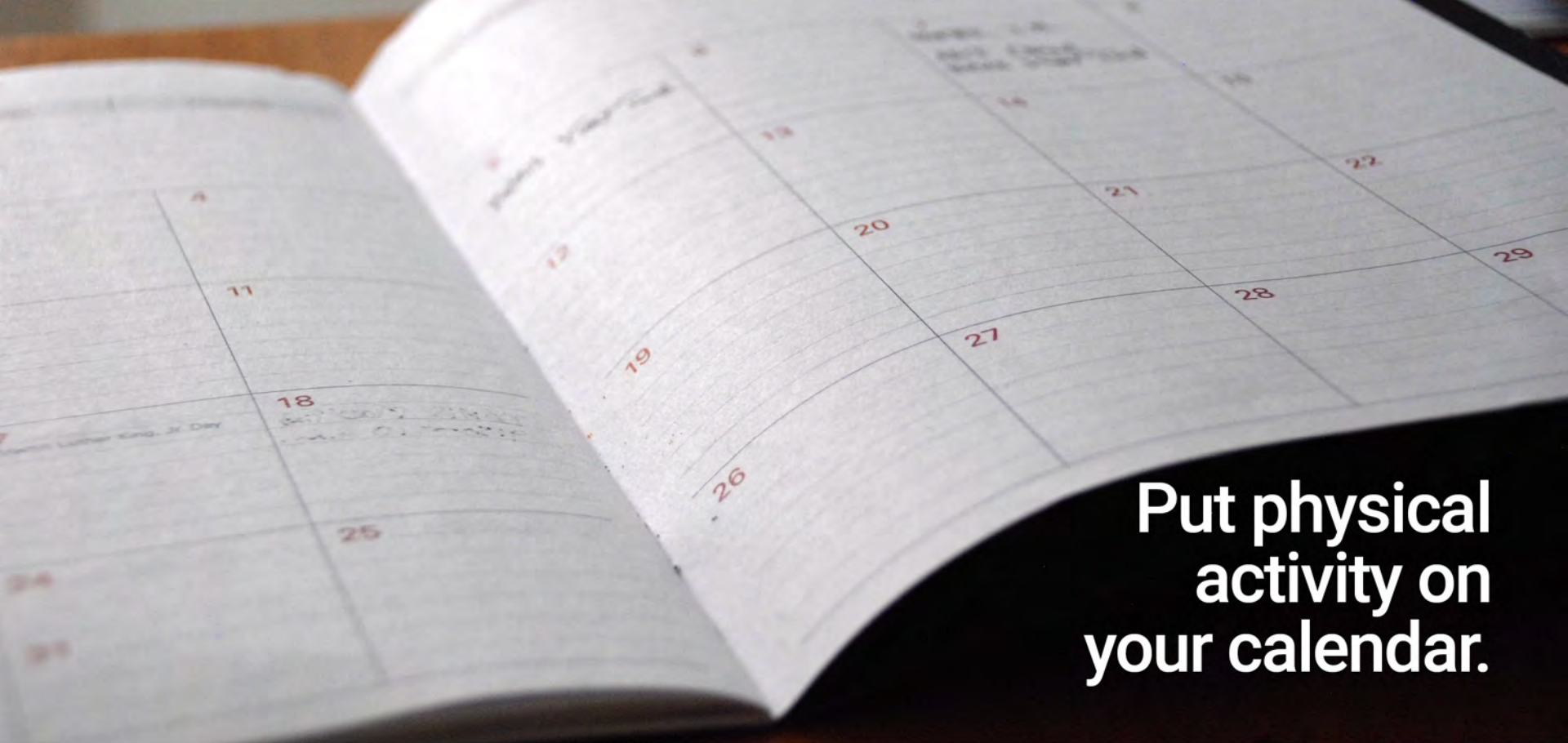


A man and a woman are hiking in a forest. They are both wearing backpacks and are looking at a map together. The man is on the left, wearing a blue and white plaid shirt, and the woman is on the right, wearing a pink shirt. They are both smiling and appear to be enjoying their hike. The background is a lush green forest with many trees.

Do something  
you enjoy.

Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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Put physical  
activity on  
your calendar.

Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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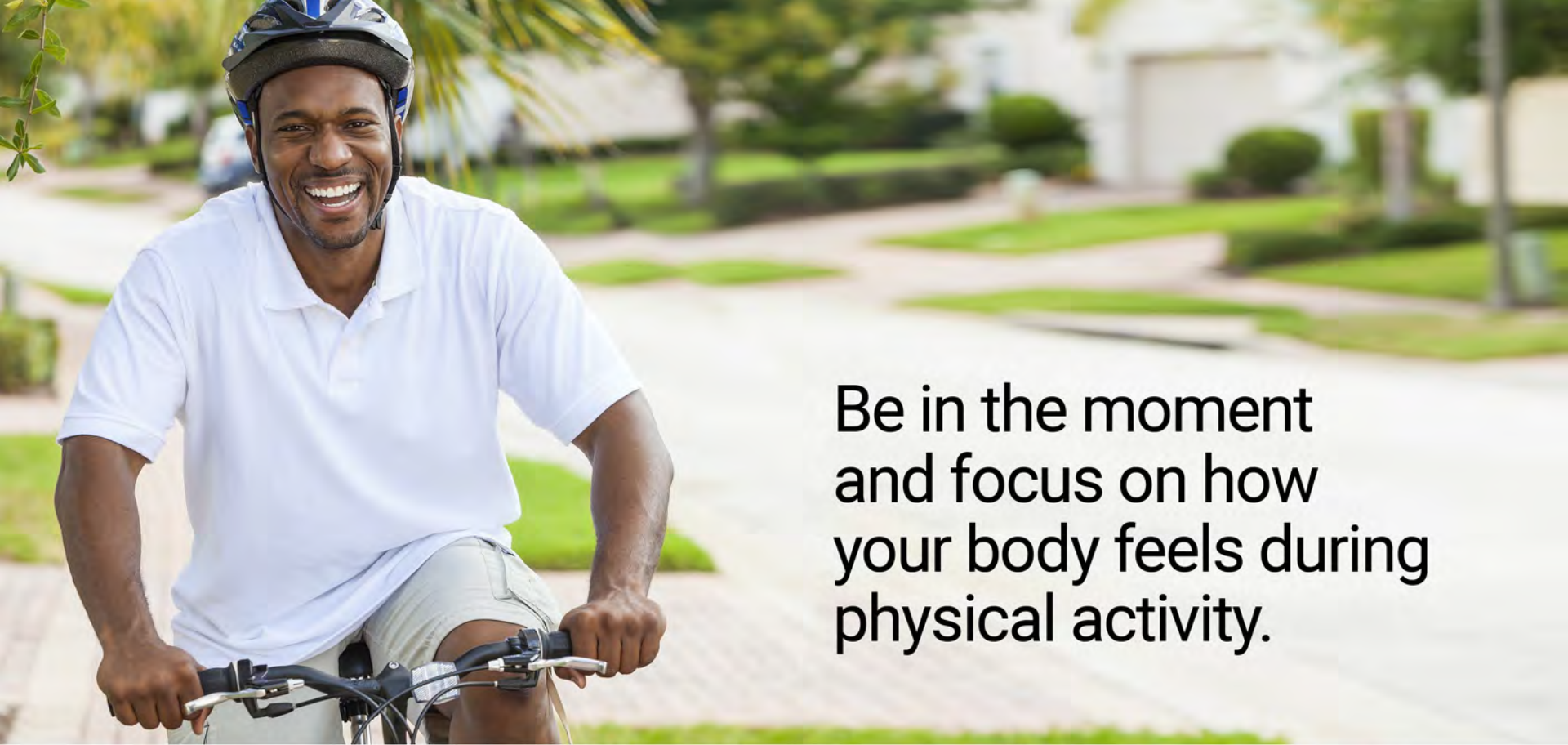
From:  
The Universe

Use positive talk.

YOU ARE  
AWESOME!

Simple steps for **MINDFUL PHYSICAL ACTIVITY**





Be in the moment  
and focus on how  
your body feels during  
physical activity.

Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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Enjoy the  
benefits  
of being  
physically  
active.

Simple steps for **MINDFUL PHYSICAL ACTIVITY**

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# How much physical activity is enough?

## Adults need at least:

150 minutes every week

Moderate-intensity  
aerobic activity

*Brisk walking*

OR

75 minutes every week

Vigorous-intensity  
aerobic activity

*Jogging or running*

&

Muscle-strengthening activities on  
2 or more days a week that work all  
major muscle groups (legs, hips, back,  
abdomen, chest, shoulders and arms)

*or an equivalent combination of moderate- and vigorous-intensity activity*

## For even greater health benefits, adults should increase their activity to:

300 minutes every week

Moderate-intensity  
aerobic activity

*Brisk walking*

OR

150 minutes every week

Vigorous-intensity  
aerobic activity

*Jogging or running*

&

Muscle-strengthening activities on  
2 or more days a week that work all  
major muscle groups (legs, hips, back,  
abdomen, chest, shoulders and arms)

*or an equivalent combination of moderate- and vigorous-intensity activity*



# Be mindful of your intensity level.

## Talk Test

**Light Intensity:** You should be able to sing.

**Moderate Intensity:** You should be able to carry on a conversation.

**Vigorous Intensity:** You become winded or too out-of-breath to carry on a conversation.

## Perceived Exertion

How hard YOU feel that you are working.

A way to be mindful of your body and how you feel overall while doing an activity.



# Eating the Med Way

## Rethink Your Sweets



Med Way  
Recipe:  
**Strawberry  
Mint Water**





Med Way  
Recipe:  
**Cucumber  
Citrus  
Water**



Med Way  
Recipe:  
**Cranberry  
Lime Soda**



Med Way  
Recipe:  
**Ginger  
Flavored  
Green Tea**





Med Way  
Recipe:  
**Microwave  
Baked  
Apples**



Med Way  
Recipe:  
**Cucumber  
Olive Oil  
Sea Salt  
Yogurt**





Med Way  
Recipe:  
**Peanut  
Butter  
and Apple  
Slices  
Sandwich**





Med Way  
Recipe:  
**Banana  
Granita with  
Blueberries**



Med Way  
Recipe:  
**Fruit Chaat**





Med Way  
Recipe:  
**Banana  
Nut Med  
Muffins**





# Rethink Your Sweets

