

## Nutritional Impacts of Sugar

Read pg. 229-233 of your textbook and the on-line sources provided to answer the following questions and complete the summaries:

1. What is glycogen and how is connected to sugar intake?
2. Where does the body store glycogen?
3. **a.** According to the textbook, what % of calories in the average diet is provided by added sugars to foods?  
  
**b.** According to the Dietary Guidelines, what % is recommended to limit added sugars to foods?
4. What are dental caries? How are these affected by sugar?
5. Define diabetes mellitus.
6. What is insulin?
7. What factors need to be considered as a diabetic plans their diet?
8. How can diabetics avoid "sugar spikes"?
9. Is excess sugar solely to blame for weight gain? If not, what other factors contribute to weight gain?

10. Explore the Center for Disease Control and Prevention webpage, [www.cdc.gov](http://www.cdc.gov). Search for “**Children's Food Environment**” and read the **most recent year's State Indicator Report**.

- a. According to the article, what does this report highlight?
- b. What is the leading source of added sugar in a child's diet? \_\_\_\_\_
- c. Other than reducing sugar amounts in their child's diet, list at least **two** other things parents are able to do that would reduce their child's risk of obesity.

11. Explore the home page for the American Diabetes Association: <http://www.diabetes.org/>

- a. After reading information found in the **Diabetes Basics** link, what is the difference between Type 1 and Type 2 diabetes?
- b. Choose any section found in the **Living with Diabetes** link and summarize the section in 2-3 sentences.
- c. Browse the Food and Recipes link and list **3 recipes** that interest you. **Why** do you think these are good recipes for a diabetic?
- d. Read an article found in the **News and Research/Diabetes in the News**.
  - a. List the title and date of publication:  
\_\_\_\_\_ Date: \_\_\_\_\_
  - b. What group of people would **most** benefit from this information (i.e. Diabetics, Parents, Elderly, etc)  
\_\_\_\_\_
  - c. **Summarize the article**, including the main points of the article (1 PARAGRAPH) and **ACTIONS OR CHANGE OF THOUGHT** you recommend because of this article (1 PARAGRAPH). Staple your summary to this sheet.