

# Clemson Dining Services

## Nutrition News



### Sweeteners - The Skinny on Sweet

Are you a 2 sugars, 2 creams in your coffee type or do you like yours black? Do you sprinkle a little sugar on your grapefruit or do you like it straight up - peeled and eaten? Sweet tooth or not, you may be interested to learn about the different types of sweeteners that are currently on the market.

Nutritive Sweeteners - these types of sweeteners yield energy when your body processes them and include both natural and refined versions. They yield 15 calories per gram.

- Natural - these types of sweeteners are taken

straight from nature to your table and include (but aren't limited to) honey and maple syrup.

- Refined - also taken straight from nature, but before they're put on the market, they are stripped down to a concentrated form and include table sugar, glucose, fructose, and high fructose corn syrup.

Non-Nutritive Sweeteners - these types of sweeteners are derived from nutritive sweeteners and include sugar alcohols and artificial sweeteners.

Sugar Alcohols - a deceiving classification, because they contain no sugar or

alcohol, as the name may illustrate. The term actually refers to its chemical structure. Examples include sorbitol, xylitol, and mannitol, which are found naturally in foods, but are only partially absorbed by the body. Their calorie range is from 0 - 3 calories per gram.

Artificial Sweeteners - These sweeteners can be hundreds to thousands of times sweeter than table sugar and provide insignificant amounts of calories. Artificial sweeteners approved in the U.S. include: Saccharin (Sweet 'N Low), aspartame (Equal), acesulfame K (Sunett, Sweet One), sucralose (Splenda), Stevia and neotame.

### Q & A on "Detox" Diets

**Q:** There is a lot of buzz around going on detox or cleansing programs and I was wondering if it is really helpful. Would you suggest doing a cleansing program and if so which one?

**R:** In general cleansing programs promise fast weight loss and a purging of the body's built up toxins. There's no valid research to support these claims. The weight loss you will see is in the form of precious bodily fluids and any weight loss you do experience will most likely be

put back on as soon as you switch back to a regular diet. You have natural, highly effective and efficient filters being your liver, kidneys and intestines that filter toxins from your body within a few hours of consuming them.



# The Power of Oxidation

If you have ever seen rust on an iron nail, you'll understand the power of oxidation. Oxidation is a chemically driven process in which oxygen and another element or compound combine, resulting in corrosion, combustion, aging, chemical change, etc. When it comes to our bodily systems, some of the results of oxidation are vital to life, as in the creation of "energy" within the body and others have been linked to why one's life comes to an end, as in cancer and heart disease. Oxidation occurs in the body on a routine basis - second by second, minute by minute, hour by hour, and so on, everyday of our lives. Our bodies have adapted to the stresses of oxidation by having systems in place to help repair the damage oxidation causes to all parts of our bodies, termed oxidative damage. Sometimes, however, our diet can exacerbate and even accelerate the rate of oxidative damage, much like water can accelerate the rusting of a nail. So to assist our body's fight against the power of oxidation, consuming the right foods on a consistent basis is imperative.

What are the right foods you ask? For clarification sake, there is ***no one food*** that will be better or more beneficial than the ***right balance and mix of foods***. When you consume the right balance of food, you will provide your body with a healthy mix of nutrients to help it repair itself more effectively and efficiently. The right balance of food will be comprised of fruits, vegetables, whole grains, lean meats and beans, and low fat or fat free milk, yogurt and other milk or milk alternative products. This is in line with what the American Dietetic Association recommends as being part of a healthy diet. However, there are certain foods that when consumed in combination with the right balance of foods on a consistent basis, have the potential to create a more powerful "antioxidant" effect. The following "super" foods are served in the dining halls on campus either everyday or on a consistent rotation.

## Dark Greens

Dark green vegetables such as kale, chard, collard greens, bok choy, broccoli, asparagus, green beans etc are packed with vitamins A and C, iron, calcium and phytonutrients. They are very filling, high in fiber and low in calories, making them perfect foods to keep you healthy. Aim for 1 cup everyday.

## Salmon

Salmon is a rich source of omega-3 fatty acids. The health benefits of omega-3 fatty acids come from their ability to help regulate your body's inflammatory response. They help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol - all of which help to reduce the risk of heart disease and stroke. Aim for a 3-4 ounce serving about three times per week.

## Kidney Beans

Kidney beans are rich in soluble and insoluble fiber. This helps to control blood sugar, lower cholesterol, and keeps your digestive tract in good health. They are also a good source of potassium, which helps to lower blood pressure and improves overall cardiovascular health; iron, which women require almost 2 times the iron men do; and vegetarian protein! Aim for about 1/2 cup everyday.

