

NUTRITION To Go

Loaves & Fishes



FOOD PANTRY

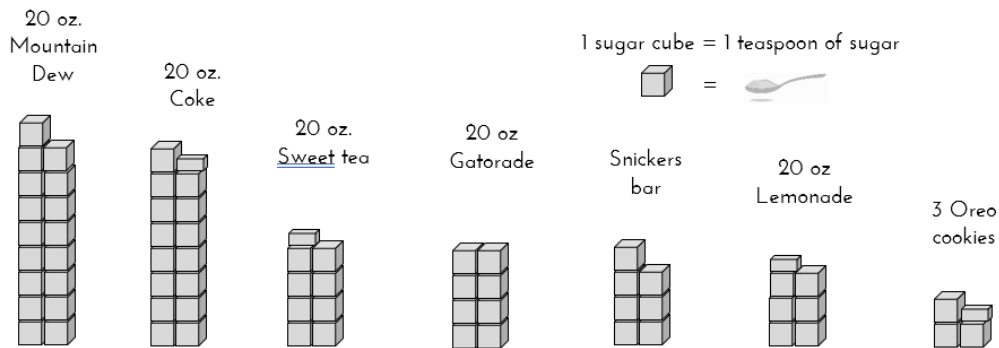
Volume 5 ♦ Issue 6 ♦ Holidays 2024

This issue was written by Samantha Van Dyke, RD

Loaves and Fishes Food Pantry will be closed from November 28th through November 30th. We will also be closed December 24th through January 1st.

Added sugars add up

Imagine making yourself a large thermos of coffee and then adding 19 teaspoons of sugar! Sugars and syrups are added to some foods and drinks during processing, adding lots of calories and very little nutrition. Experts recommend aiming for less than 9 teaspoons of added sugar per day. Sodas can contain almost 3x that!



Los azúcares añadidos se suman rápido

¡Imagínese prepararse un termo grande de café y luego agregarle 19 cucharaditas de azúcar! Se añaden azúcares y jarabes a algunos alimentos y bebidas durante el procesamiento, lo que añade muchas calorías y muy poca nutrición. Los expertos recomiendan consumir menos de 9 cucharaditas de azúcar agregada por día. ¡Los refrescos pueden contener casi el triple de esa cantidad!

Added sugars on Nutrition Label

Foods such as fruit, milk and some vegetables naturally contain sugar. During processing, extra sugar can be added to foods.

Ingredients like sugar, molasses, corn syrup, honey, sucrose, fructose, maltose, glucose, or fruit juice concentrate are all added sugars!

"Total Sugar" refers to the full amount of sugar in the food including both natural and added sugars.

"Added Sugar" is the amount of extra sugar that has been added.

| Nutrition Facts | |
|-------------------------------------|------------|
| 8 servings per container | |
| Serving size 8 fl oz (240mL) | |
| Amount per serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 0g | 0% |
| Total Sugars 25g | |
| Includes 23g Added Sugars | 46% |
| Protein 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 40mg | 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.

Los azúcares añadidos en la etiqueta nutricional

Alimentos como la fruta, la leche y algunas verduras contienen azúcar de forma natural. Durante el procesamiento, se puede agregar azúcar adicional a los alimentos.

Ingredientes como el azúcar, la melaza, el jarabe de maíz, la miel, la sacarosa, la fructosa, la maltosa, la glucosa o el concentrado de jugo de frutas son azúcares añadidos.

"Azúcar total" se refiere a la cantidad total de azúcar en los alimentos, incluidos los azúcares naturales y añadidos.

"Azúcar añadido" es la cantidad de azúcar extra que se ha añadido.

Tips to reduce added sugars in your diet

1. Swap out sugary drinks for unsweet tea, diet soda or water!
2. When you bake, try adding half the sugar. You may not notice!
3. Add whole fruit (instead of sugar) to your oatmeal or yogurt
4. Check the nutrition labels when you shop and choose foods with fewer added sugars
5. Use sugar substitutes such as sucralose, stevia, etc. when necessary

Consejos para reducir los azúcares añadidos en tu dieta

1. ¡Cambie las bebidas azucaradas por agua!
2. Cuando haga pasteles, intente agregar la mitad del azúcar.
3. Agregue fruta entera (en lugar de azúcar) a su avena o yogurt.
4. Revise las etiquetas nutricionales cuando compre y elija alimentos con menos azúcares añadidos.
5. Utilice sustitutos de azúcar como sucralosa, stevia, etc. cuando sea necesario.

If you need help with food more than two times a month, visit <https://foodfinder.brafb.org>
Si necesitas ayuda más de dos veces al mes, por favor visita <https://foodfinder.brafb.org>



Loaves & Fishes



YOUR HEALTHY FOOD PANTRY

2050 Lambs Road
Charlottesville, VA 22901
434-996-7868

Giving out Free Groceries

Tuesdays 4:00-7:00pm ([by appointment only](#))

Wednesdays 2:00-4:00 pm

Thursdays 6:30-8:30 pm

Saturdays, 10:00 am - 12:00 pm

www.cvillefoodpantry.org

info@cvilleloaves.org

Facebook: [Cville.Loaves.and.Fishes](#)

Instagram: [cvillefoodpantry](#)

YouTube: [CvilleLoaves](#)

Support Loaves & Fishes when you shop at Kroger with your Kroger Community Rewards card using code DL975 and select Loaves & Fishes as your charity.

A Summary of Alternative Sweeteners

Zero- or low-calorie sugar alternatives are often hundreds to thousands of times sweeter than ordinary sugar, but they don't raise your blood sugar levels. Common sugar substitutes, including sucralose, aspartame, acesulfame K, and saccharin are often called artificial sweeteners since they're made from synthetic ingredients. Meanwhile, others, such as stevia, monk fruit extract, and allulose are from natural sources.

Sugar Alcohols is another category of sweeteners. They occur naturally in foods and come from plant products such as fruits and berries. As a sugar substitute, they provide fewer calories (about a half to one-third less calories) than regular sugar. They are often used in protein bars, and diet candies and chewing gum. Erythritol, sorbitol and xylitol are examples. Some people experience gastric distress from sugar alcohols. Note: xylitol is toxic for dogs.

The U.S. Food and Drug Administration (FDA) considers all of these sweeteners safe when consumed in acceptable amounts. The exception is for those with a rare genetic condition called phenylketonuria – aspartame is unsafe for people with this disorder.

Cheat Sheet:

"pink" sweetener=saccharin

"yellow" sweetener=sucralose

"blue" sweetener=aspartame

"green" sweetener=stevia

La despensa de alimentos de Loaves y Fishes estará cerrada del 28 al 30 de noviembre. También estaremos cerrados del 24 de diciembre al 1 de enero.