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Welcome to Jace Purdy and Krystina Yang, FoodWise Nutrition Educators



Hello there! My name is Jace Purdy and I am one of the new FoodWise Nutrition Educators for Manitowoc, Kewaunee, and Door counties. I earned a Bachelor's degree in Health Promotion and Wellness from UW-Stevens Point and for the last few years I have been living in the Madison area. There I worked as a biometric screener, traveling the lower half of the state, poking fingers, and taking blood pressure readings. I then was working as a health coach, helping people reach their health and wellness goals ranging from weight loss, increasing exercise, eating more fruits and vegetables, stress management, etc.

My interest in the FoodWise position, and nutrition education in general, is the ability to help others lower the barriers to their health and wellbeing. Being able to step into a position that helps educate and guide others to living their best lives is what draw me in! Then being part of a group that is working so hard to change the environments and systems that impact our health and lives day to day are incredibly strong driving forces.

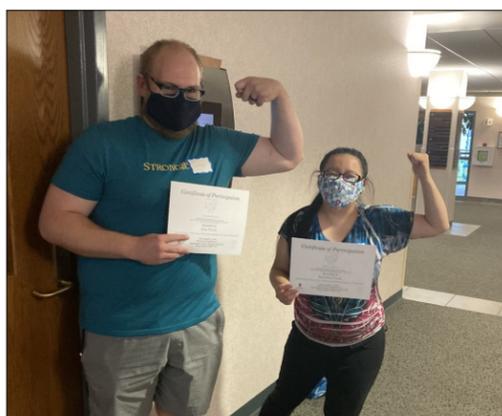
My hobbies are an eclectic bunch. I am a huge fan of most things nerdy, dabbling in a ton of different board and card games. I also a huge fan of getting out into nature, hiking, and exploring our beautiful state. While trying to stay active I love to pursue strength sports, mainly powerlifting, but also things like strongman and highland games are incredibly interesting to me!



Greetings to all! I am Krystina Yang. I have just started as a part-time Nutrition Educator with UW-Madison Division of Extension for Door, Kewaunee, and Manitowoc counties. In 2015, I received my 2-year Associate of Arts degree and am currently pursuing a degree in Communication with an emphasis in Health Communication. My career plans are to increase health literacy and this position will help me achieve that goal. Food is a foundational building block to creating a healthier life. By providing nutrition knowledge, we can lift this community by giving them tools to propagate a hopeful future with lower health risks.



In my free time, I enjoy spending time with my family. My grandmother and I enjoy walking through her neighborhood park. With my husband, I enjoy all sorts of activities from assembling puzzles to playing video games. When I get down in the dumps, I enjoy planning a hopeful future. The possibilities of what could be can lift my spirits and motivate me to be more productive. Another hobby I have started to dabble in is gardening. Last year, I had quite an abundance of tomatoes. This year has been quite unsuccessful. However, the challenge of gardening has not staved off my motivations and I will be continuing this pursuit. I am excited to get acquainted with everyone and am happy that I was able to share a little about myself



Nutrition Educators Jace Purdy and Krystina Yang are now fully certified and ready to teach Strong Bodies!

Strong Bodies is a strength training exercise series designed specifically for middle aged and older people. Call or email FoodWise County Coordinator Laura Apfelbeck if you are interested in hosting a Strong Bodies class.

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Excerpted from "SUGAR SUBSTITUTES, ARTIFICIALSWEETENERS, NON-NUTRITIVE SWEETENERS, LOW-CALORIE SWEETENERS, ALTERNATIVE NATURAL SWEETENERS" by Abiel Wettstein and Beth Olson, UW-Madison food scientists

What are sugar substitutes? Sugar substitutes have no or very few calories but still taste sweet. Some products, like stevia leaf extract, taste sweet but cannot be absorbed by the body, thus they provide no calories. Other products are extremely sweet-so they can be used on much smaller amounts than sugar. There is a growing list of sugar substitutes including

- ◇ Aspartame (NutraSweet® and Equal®)
- ◇ Acesulfame-K
- ◇ Saccharin (Sweet'N Low®), Sucralose (Splenda®)
- ◇ Stevia leaf extracts (Truvia® and PureVia®)
- ◇ monk fruit

Many food and beverage products, and even the sweeteners themselves (Truvia) use a blend of sugar substitutes

Are sugar substitutes safe? Many people are concerned that sugar substitutes are chemicals or are processed and therefore, might have side effects. Sugar substitutes in foods and beverages need to be found safe by FDA, either as a food additive or another designation called GRAS. That means that when consumed in moderation, all these products are safe for the general public, and that even if symptoms present, they're mild. It is possible that some people are sensitive to one or more of these sweeteners, and may have symptoms such as upset stomach or headaches. But, there is no evidence these products lead to diseases like cancer.

Should diabetics use sugar substitutes? It makes sense that individuals with diabetes would



Are Sugar Substitutes Healthy?

choose sugar substitutes since they don't provide carbs and thus don't raise blood sugar. However, some research warns that consuming lots of sugar substitutes negatively changes the bacteria in our gut, which might even increase risks for disease like diabetes. For any use with a disease, people should talk to their primary care provider to make sure the use of sugar substitutes is appropriate for them.

Will sugar substitutes help me lose weight? Some research says yes and some says no. Remember, research studies are done in controlled conditions, done in different ways, and different studies may enroll very different kinds of people. Growing research supports that the metabolism of someone who is obese, even after that person loses weight, is different from someone of normal weight. This may also lead to differences in study results. So for now - the jury is still out.

What's the bottom line? It's hard to know if there is a link between added sugars and health problems because the sugar itself is the problem, because added sugars lead to weight gain-which causes problems, or because added sugars are replacing healthier foods. It might be all these things.

Sugar substitutes are safe when used in moderation, and may help some people lower their added sugars intake. However, they are not a cure-all.

So, what do I do? Try simple switches. Drink water with lime slices instead of soda. Eat a piece of fruit instead of cookies. Snack on plain roasted nuts instead of honey-roasted nuts. Sugar substitutes may help some people achieve certain diet goals, but they are best when part of a healthy diet.

