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## Avoiding high-sugar snacks helps to cut hidden calories, save teeth from decay

By STEPHANIE GROGAN  
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Special to The Battalion

Students can be consumed by calorie counting in their quests to lose weight. But hidden calories can be hard to find.

One way to avoid calories is to avoid too much sugar. Sugar has calories for energy, but it also means extra pounds.

To avoid excessive sugars, use less of all sugars, including white sugar, brown sugar, raw sugar, honey and syrups. Other hints include:

- Eat fewer foods that contain these sugars, like candy, soft drinks, ice cream, cakes and cookies.

- Read food labels for clues on sugar content. If the names sucrose, glucose, maltose, dextrose, lactose, fructose or syrups appear first on the label, then there is a large amount of sugar in the

food.

Another factor to remember is dietary sugar. This is the hidden sugar that most people do not realize they consume, which is in prepared food. Some examples you might not be aware of include:

- 1 hamburger bun — 3 tsp. sugar
- 12 oz. soft drink — 7 tsp.
- 1 glazed donut — 6 tsp.
- 1 piece of iced chocolate cake — 10 tsp.
- 1/2 cup sherbert — 9 tsp.

Can you wear your sweet tooth? Most of us are aware of tooth decay from eating too much sugar. This hazard deals with how long the sugar stays in contact with your teeth. On-the-go students often snack on sticky candy or soft drinks all night long. These may be more harmful than adding sugar to your morning cup of coffee, at least as

far as your teeth are concerned. So, cut down on high sugar snacks to cut calories and to prevent tooth decay.

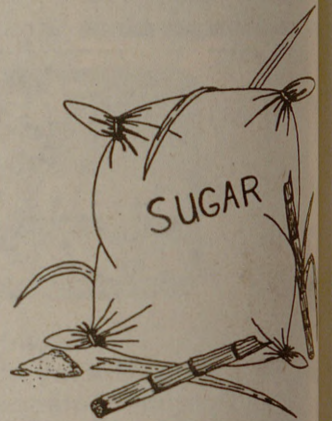
An alternative to sugar today includes artificial sweeteners currently on the market: aspartame and saccharin. Aspartame, also known as NutraSweet®, has the same caloric value of sugar, which is four calories per gram, but it is 180 times sweeter. Therefore, you need very little for the same sweetening effect.

On the other hand, your body does not metabolize saccharin, so it takes in no calories. The question then is, "Can I consume too much artificial sweetener?"

The World Health Organization has set an acceptable intake of 40 milligrams of aspartame per kilogram of body weight, which is equivalent to approximately 12 cans of diet soda per day or 62 packets of Equal®. The recommended maximum daily intake of saccharin is two and a half milligrams per kilogram of body weight, which is approximately three-and-a-half packets of Sweet'N'Low®.

A calorie comparison of products made with sugar and made with artificial sweeteners looks like this:

- carbonated soft drink (six oz.) — 78 calories from sugar/1 calorie from artificial sweeteners
- lemonade — 86 from sugar/5 from artificial sweeteners



- 1/2 cup of gelatin dessert — 81 from sugar/10 from artificial sweeteners

Whatever sweetener you choose, consider the total amount you consume. Avoid too much.

If you have questions about ways to avoid too much sugar, please visit the MUNCCH exhibit at Sbsa today from 12:15 to 2:15 p.m. Stop by and visit with us about dietary guidelines and your food choices.

*Nutrition students Kara Hosack and Stephanie Grogan are helping Texas A&M students make wise food choices. Their MUNCCH program (Making Ultimate Nutrition Choices in College Housing) is a nutrition education series of table posters, fliers and exhibits on dietary guidelines.*

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### Take the sugar challenge

Test your sugar knowledge with these trivia questions.

1. Does a tablespoon of honey have more calories and carbohydrate content than a tablespoon of granulated sugar? Than powdered sugar?
2. If you drink one 12 oz. soda with sugar every day in excess of your energy needs, how long will it take before you gain an extra pound?
3. Can reading labels on products give a clue to how much of each ingredient is contained in the product?

**Answers:**  
1. Yes, honey has more calories and carbohydrates than one tablespoon of sugar. Sixty-four compared to 46 for granulated sugar or 31 for powdered sugar.  
2. 20 days.  
3. Yes, labels list their ingredients in the order of their percent content. The first ingredient listed is contained in the largest amount.

### Missing records may cover up Iraqi connection

HOUSTON (AP) — Business records at a bankrupt company reportedly were destroyed to conceal involvement in the development of Libyan chemical weapons plant.

The records at IBI Industries allegedly were destroyed late at night last month, the Houston Chronicle reported Monday. Ed Durante, IBI senior vice president, contacted U.S. Customs Service after learning about the incident.

Sources who asked to remain anonymous confirmed that Durante named the individuals he believed are responsible for destroying the records at the Houston office, the Chronicle said.

Men associated with the business allegedly destroyed the records in an effort to prevent the disclosure of involvement of the now-deceased Iraqi, Dr. Ihsan Barbuti, and his eldest son, Haidar, in the activities of IBI and other companies, sources said.

The documents are suspected of being related to illicit trade with Libya.

Thomas Herter, an attorney and company director representing IBI, denied during a bankruptcy hearing that any records were destroyed.

On Sunday, Herter said the must have been a misunderstanding. He said he directed an accountant and a helper to preserve IBI records.

Destroying or concealing company records after a bankruptcy filing is a federal offense.

U.S. officials last year identified Barbuti as designer of a Libyan chemical weapons plant. That was later destroyed in what some believe was an intelligence operation.

Last month, a Houston-based Customs investigation led to the seizure of \$3.8 million from New York City and Miami banks on grounds that Ihsan Barbuti allegedly sold aircraft parts to Libya in violation of a U.S. embargo.

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