



## First and foremost...

Welcome to the Nature Nurture Health Newsletter!

This newsletter is designed to keep you up-to-date on happenings at Nature Nurture Health.

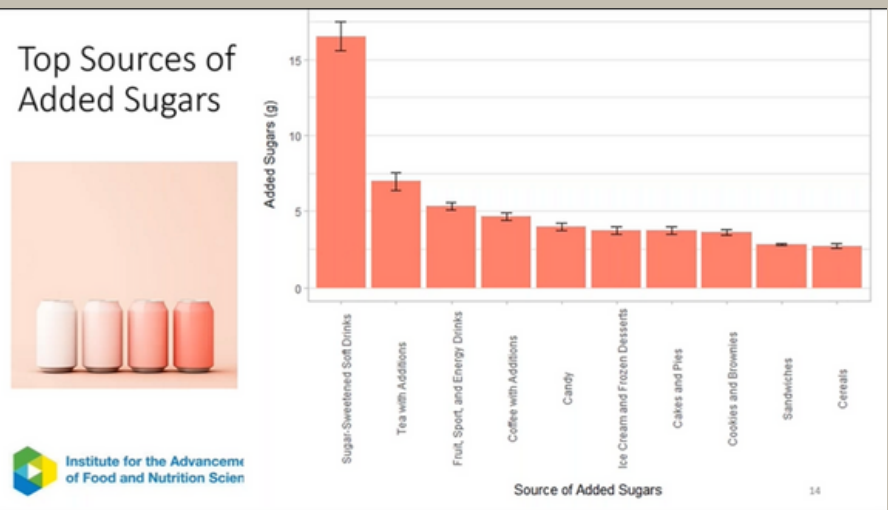
As founder and content creator of this site, my mission is to explore health from a biopsychosocial-environmental perspective. I believe that health is complex, including body, mind, spirituality, circumstance, community, and environment. I hope to bring awareness to these holistic health concepts. I will also share healthy recipes that are both delicious and nutritious, explore how to live more sustainably for people and planet, and bring you evidence-based integrative medicine content.

Click on the links above to learn more and read-on to explore!

Haley Brennan,  
Founder of NNH



The USDA recommends no more than 10% of daily caloric intake come from added sugars. Reduce your added sugar intake by replacing sugar-sweetened beverages (soda, juice, tea, energy drinks, etc.) with plain or sparkling water.



Top Sources of Added Sugar Intake for Americans from the IAFNS Fall 2022 Webinar Series on "Sources and Intake of Added Sugar in the U.S. Diet" (2022)

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

## Lectures and Research

This week I reviewed four lectures from the Fall 2022 webinar series organized by the Institute for the Advancement of Food and Nutrition Sciences (IAFNS) and the United States Department of Agriculture (USDA) Beltsville Human Nutrition Research Center. This four-part online lecture series shares up-to-date research on the following nutrition topics: added dietary sugars, complex carbohydrates, botanicals, and flavonoids. Below are brief descriptions and links to each article on the site.

### Webinar 1: Sources and Intake of Added Sugar in the U.S. Diet (October 26, 2022) ([Link Here](#))

- Added dietary sugars have been associated with an increased risk of obesity, dental caries, diabetes, and cardiovascular disease. The USDA recommends that no more than 10% of daily caloric intake come from added sugars; however, Americans still consumed 13% of their calories from added sugar and 21% from total sugars (including natural sugars like fructose from fruit and lactose from milk). Research suggests that most Americans consume added sugars through beverages, like soda, sweetened tea, and hot drinks with additives like creamer.

### Webinar 2: Complex Carbohydrates and the Complexity of Carbohydrates (November 3, 2022) ([Link Here](#))

- Complex carbohydrates include dietary fiber, otherwise called resistant starch. Many types of dietary fiber differ tremendously in form, which in turn impacts physiological function. Overall, the United States Food and Drug Administration (FDA) has determined that fiber is beneficial to human health - it improves gut microbiota, binds to dietary triglycerides (fats), and much more.

### Webinar 3: Botanicals and the Growing Conditions and Food Preparation of Food Composition (November 15, 2022) ([Link Here](#))

- Plant foods are foundational to the human diet. They contain botanicals and bioactive phytochemicals that researchers are only beginning to explore. For example, one out of the 679 identified compounds in coffee is caffeine. To make matters more complicated, other factors impact the presence and amount of each phytochemical contained within each plant. These factors include environmental growing conditions, food processing, storage, and cooking. Researchers at the USDA will continue their exploration into how these factors impact our food system and the implications they have for human health.

### Webinar 4: Learning About Flavonoids, Diet, and Health (December 01, 2022) ([Link Here](#))

- Flavonoids are bioactive compounds found in plants. There are 6 classes and over 5,000 known distinct flavonoids. Research at the USDA has been leading to the creation of guidelines for flavonoid intake. Current research suggests Americans are below recommended daily intake levels. Consuming a diet rich in varied types of fruits and vegetables can help Americans reach recommended flavonoid intake.

[Register for free and view the lectures directly by clicking the link here.](#)

## Available Resources from Lectures

Food Surveys Research Group Databases:

- <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/>

USDA Food Data Central:

- <https://fdc.nal.usda.gov/fdc-app.html#/component=0>

USDA Flavonoid Database:

- <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fndds-flavonoid-database/>