

WEBVTT

NOTE duration:"00:02:51.3390000"

NOTE language:en-us

NOTE Confidence: 0.8542171

00:00:00.000 --> 00:00:03.157 Hi everyone, my name is Kim Culver.

NOTE Confidence: 0.8542171

00:00:03.160 --> 00:00:05.095 I'm registered dietitian and certified

NOTE Confidence: 0.8542171

00:00:05.095 --> 00:00:06.643 specialist in oncology nutrition

NOTE Confidence: 0.8542171

00:00:06.643 --> 00:00:08.721 and I work at the Smilow Cancer

NOTE Confidence: 0.8542171

00:00:08.721 --> 00:00:10.489 Hospital at Saint Francis in Hartford.

NOTE Confidence: 0.8542171

00:00:10.490 --> 00:00:12.498 I'd like to thank you for joining me

NOTE Confidence: 0.8542171

00:00:12.498 --> 00:00:14.625 and my colleagues throughout the state

NOTE Confidence: 0.8542171

00:00:14.625 --> 00:00:16.971 as we honor and celebrate survivors

NOTE Confidence: 0.8542171

00:00:17.033 --> 00:00:19.441 and discuss some of the most common

NOTE Confidence: 0.8542171

00:00:19.441 --> 00:00:21.479 nutrition related myths to help you

NOTE Confidence: 0.8542171

00:00:21.480 --> 00:00:22.452 on your journey.

NOTE Confidence: 0.8542171

00:00:22.452 --> 00:00:24.396 One of the most common statements

NOTE Confidence: 0.8542171

00:00:24.396 --> 00:00:26.466 I hear is sugar feeds cancer.

NOTE Confidence: 0.8542171

00:00:26.470 --> 00:00:28.030 This simple statement can

NOTE Confidence: 0.8542171

00:00:28.030 --> 00:00:29.980 understandably cause a lot of

NOTE Confidence: 0.8542171

00:00:29.980 --> 00:00:31.926 anxiety and even fear of eating.

NOTE Confidence: 0.8542171

00:00:31.930 --> 00:00:34.936 And I am frequently asked if it is true.

NOTE Confidence: 0.8542171

00:00:34.940 --> 00:00:37.520 The answer to this simple statement,

NOTE Confidence: 0.8542171

00:00:37.520 --> 00:00:40.960 however, is not all that simple and short.

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00:00:40.960 --> 00:00:42.612 There's currently no scientific

NOTE Confidence: 0.8542171

00:00:42.612 --> 00:00:45.090 evidence to show that sugar itself

NOTE Confidence: 0.8542171

00:00:45.161 --> 00:00:46.977 directly feeds cancer growth.

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00:00:46.980 --> 00:00:49.130 To understand why this is,

NOTE Confidence: 0.8542171

00:00:49.130 --> 00:00:52.208 it's helpful to know how our

NOTE Confidence: 0.8542171

00:00:52.208 --> 00:00:55.629 bodies use the sugar that we eat.

NOTE Confidence: 0.8542171

00:00:55.630 --> 00:00:57.611 All cells in our body use glucose

NOTE Confidence: 0.8542171

00:00:57.611 --> 00:00:59.917 or a form of sugar for energy

NOTE Confidence: 0.8542171

00:00:59.917 --> 00:01:01.657 and we cannot dictate which

NOTE Confidence: 0.8542171

00:01:01.657 --> 00:01:03.789 cells get the sugar that we eat,

NOTE Confidence: 0.8542171

00:01:03.790 --> 00:01:07.388 whether cancer cell or a healthy cell.  
NOTE Confidence: 0.8542171

00:01:07.390 --> 00:01:09.030 If we don't even enough,  
NOTE Confidence: 0.8542171

00:01:09.030 --> 00:01:11.058 our bodies will breakdown other stores  
NOTE Confidence: 0.8542171

00:01:11.058 --> 00:01:13.289 to make the glucose that it needs,  
NOTE Confidence: 0.8542171

00:01:13.290 --> 00:01:14.274 such as muscle.  
NOTE Confidence: 0.8542171

00:01:14.274 --> 00:01:15.258 For these reasons,  
NOTE Confidence: 0.8542171

00:01:15.260 --> 00:01:17.510 sugar or carbohydrates is an important  
NOTE Confidence: 0.8542171

00:01:17.510 --> 00:01:20.630 part of a healthy and well balanced diet.  
NOTE Confidence: 0.8542171

00:01:20.630 --> 00:01:22.920 Eliminating all sources of sugar  
NOTE Confidence: 0.8542171

00:01:22.920 --> 00:01:26.215 from the diet will not stop your  
NOTE Confidence: 0.8542171

00:01:26.215 --> 00:01:28.963 body from producing it and therefore  
NOTE Confidence: 0.8542171

00:01:28.963 --> 00:01:31.718 will not affect cancer growth.  
NOTE Confidence: 0.8542171

00:01:31.720 --> 00:01:34.600 Sugar is found naturally in carbohydrate.  
NOTE Confidence: 0.8542171

00:01:34.600 --> 00:01:37.000 Foods such as fruit, vegetables,  
NOTE Confidence: 0.8542171

00:01:37.000 --> 00:01:38.440 dairy products, grains,  
NOTE Confidence: 0.8542171

00:01:38.440 --> 00:01:39.400 and beans.

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00:01:39.400 --> 00:01:42.280 It's also added to packaged foods

NOTE Confidence: 0.8542171

00:01:42.280 --> 00:01:44.200 such as flavored yogurts,

NOTE Confidence: 0.8542171

00:01:44.200 --> 00:01:47.080 condiments like ketchup and salad dressings,

NOTE Confidence: 0.8542171

00:01:47.080 --> 00:01:49.284 baked goods and sweets,

NOTE Confidence: 0.8542171

00:01:49.284 --> 00:01:52.039 as well as sweetened beverages.

NOTE Confidence: 0.8542171

00:01:52.040 --> 00:01:54.626 Excessive intake of simple and added

NOTE Confidence: 0.8542171

00:01:54.626 --> 00:01:57.239 sugars can contribute to the development

NOTE Confidence: 0.8542171

00:01:57.239 --> 00:02:00.511 of a variety of diseases such as diabetes,

NOTE Confidence: 0.8542171

00:02:00.520 --> 00:02:01.002 overweight,

NOTE Confidence: 0.8542171

00:02:01.002 --> 00:02:01.966 and obesity,

NOTE Confidence: 0.8542171

00:02:01.966 --> 00:02:05.830 which are links to a higher cancer risk.

NOTE Confidence: 0.8542171

00:02:05.830 --> 00:02:08.410 So what does this mean in

NOTE Confidence: 0.8542171

00:02:08.410 --> 00:02:10.130 terms of food and

NOTE Confidence: 0.86423635

00:02:10.130 --> 00:02:11.420 recommendations, focusing on

NOTE Confidence: 0.86423635

00:02:11.420 --> 00:02:13.140 naturally occurring sugars most

NOTE Confidence: 0.86423635

00:02:13.140 --> 00:02:15.720 often is best, while limiting added  
NOTE Confidence: 0.86423635

00:02:15.720 --> 00:02:17.440 sugars and saving small  
NOTE Confidence: 0.86423635

00:02:17.440 --> 00:02:19.160 portions for special occasions.  
NOTE Confidence: 0.86423635

00:02:19.160 --> 00:02:21.740 Again, natural sugars are found in  
NOTE Confidence: 0.86423635

00:02:21.740 --> 00:02:23.995 such foods as fruits, vegetables,  
NOTE Confidence: 0.86423635

00:02:23.995 --> 00:02:26.670 whole grains, dairy and beans.  
NOTE Confidence: 0.86423635

00:02:26.670 --> 00:02:28.845 Best choices include fresh whole  
NOTE Confidence: 0.86423635

00:02:28.845 --> 00:02:31.020 fruit and vegetables when possible.  
NOTE Confidence: 0.86423635

00:02:31.020 --> 00:02:33.080 100% whole wheat bread  
NOTE Confidence: 0.86423635

00:02:33.080 --> 00:02:35.655 and place of white bread.  
NOTE Confidence: 0.86423635

00:02:35.660 --> 00:02:38.884 Brown rice or whole wheat pasta and in  
NOTE Confidence: 0.86423635

00:02:38.884 --> 00:02:42.050 place of refined white options. Beans  
NOTE Confidence: 0.7303182

00:02:42.050 --> 00:02:44.650 and low fat dairy.  
NOTE Confidence: 0.7303182

00:02:44.650 --> 00:02:46.570 More recommendations are to  
NOTE Confidence: 0.844236

00:02:46.570 --> 00:02:48.954 come another mythbusting videos,  
NOTE Confidence: 0.844236

00:02:48.954 --> 00:02:51.338 so please keep watching.