

The SOLA[®] solution for achieving health goals with good foods

Why should I be watching out for sugar in food labels?

Meeting your health goals means more than just cutting down on sodas and sweets. Reading food labels and avoiding foods that are high in added sugar and processed carbohydrates are good habits that can help improve your overall health. According to the American Heart Association (AHA), most people need to limit their daily intake of added sugar.



AHA daily limit on added sugar

Children <2	Children (2-18)	Adult Women	Adult Men
Avoid Added Sugars	←25 g ~6 teaspoons	100 cal ~6 teaspoons	150 cal ~9 teaspoons

Don't worry if you have trouble reading food labels. You are not alone. Research shows that even the most educated consumers often have a hard time reading labels correctly. Still, it is important because even brands that sound healthy can have unwanted ingredients like hidden sugars.

The American Heart Association urges people to be aware of other ways that sugar can be reported on labels. Check labels for a product's "Total Added Sugars" and look for names ending in "ose" (like dextrose, fructose, glucose, lactose, maltose, sucrose). These are sugars. The table to the right lists some other names for sugar that commonly appear on food labels.

OTHER NAMES FOR ADDED SUGARS FOUND ON LABELS

- Brown sugar
- Honey
- Corn sweetener
- Invert sugar
- Corn syrup
- Malt sugar
- Fruit juice concentrates
- Molasses
- High-fructose corn syrup
- Raw sugar
- Syrup (like maple syrup)
- Natural cane sugar



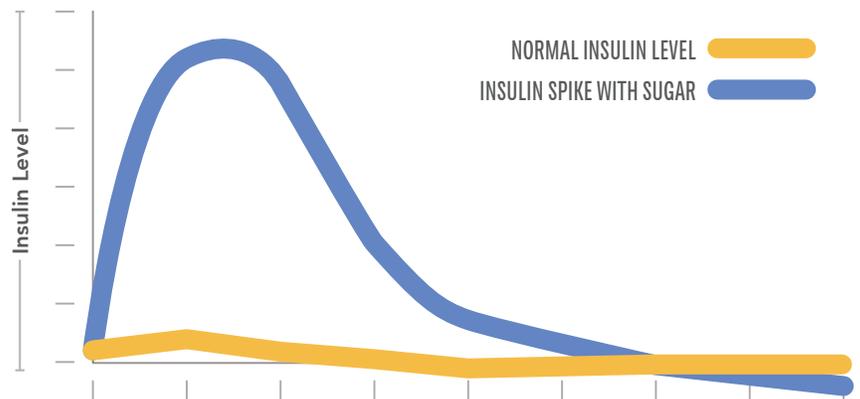
FOOD LABEL READING TIPS

- Look for total added sugars
- Compare calorie values
- Count carbohydrate content



What does excess sugar do in my body?

Much of the food that you eat is broken down into sugar and released into your bloodstream. Eating foods with added sugar can give you a burst of energy by quickly raising your blood sugar levels. Your pancreas releases an “insulin spike” to help your body move sugar into your cells, where it is burned for energy. As blood levels of sugar drop, you may begin feeling jittery, or even anxious. This is known as a “sugar crash.”



Are the foods you crave making you crash?

Should healthy food consideration involve more than just weight gain?

It is easy to assume that some products will help give us better control over our weight and overall health. Let's examine popular breads widely available across the U.S. to see how their claims match up with what happens when they are eaten.

BREAD CASE STUDY

Study comparing impact on glucose between 3 breads

- o Leading Restaurant Chain Bread
- o Leading Branded “Heart Healthy” Bread
- o SOLA bread

- Comparison product claims include “Whole Wheat”, “Whole Grain”, and “Heart Healthy”
- Glucose increases are 156%-244% greater than with SOLA bread



Blood testing shows significant spikes in glucose with popular brands

Despite their implied health claims, many products have high glucose responses that are indicative of high glycemic index values.

GLYCEMIC INDEX

All foods that you ingest cause a response in the body. The glycemic index reflects the type and/or quality of carbohydrates you eat and what kind of response it has in your body. Glycemic index tracks several parameters, including glucose levels, insulin release, fat-stimulation.

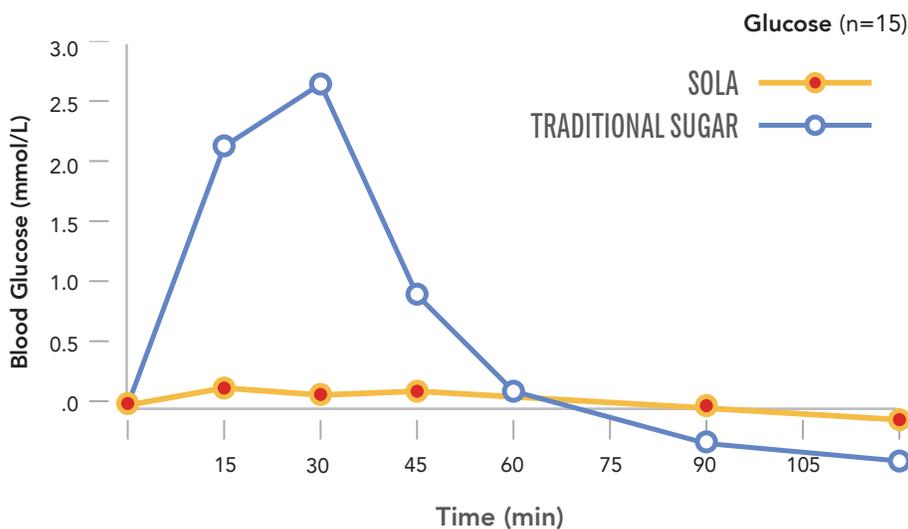
- High-glycemic foods increase blood glucose, insulin release, and fat storage
- Low-glycemic foods have less effect on blood glucose, insulin release, and fat storage

SOLA has a low glycemic index compared to traditional sugar⁴

When studied, SOLA is seen to have a glycemic index (GI) of only 4. That's compared with a glycemic index of over 60 for traditional sugar.

This means with SOLA, your blood won't have high levels in important health measures like glucose. In fact, SOLA has been clinically proven to suppress blood levels of fructose, glucose, and sucrose.

The graph below shows the different effects that traditional sugar (sucrose) and SOLA have on blood levels of glucose.



What this means is...

- Traditional sugar causes spikes and then crashes
- SOLA shows a steady release of glucose in the blood

SOLA®

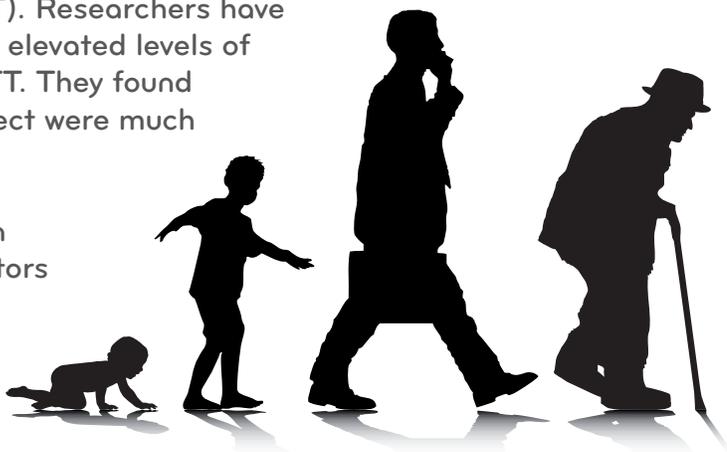
SOLA products are available at your local **HyVee** & **Harris Teeter** grocery stores.

To download high-value coupons for SOLA products, please go to SOLASWEET.com

Does the way my body uses insulin change as I age?

Yes. As we age, the way our bodies process sugars can change. One way that clinicians measure changes in our reaction to sugar is with an oral glucose tolerance test (OGTT). Researchers have demonstrated that aging is associated with elevated levels of glucose and insulin as measured by an OGTT. They found that insulin and glucose levels of older subject were much higher than levels in younger subjects.

Research also shows that changes in insulin sensitivity might be influenced by other factors of aging. Declining insulin sensitivity may be influenced by changes in glucose sensitivity, and how we deposit and manage body fat. Furthermore, these factors can influence insulin sensitivity regardless of whether an individual has type 2 diabetes or other related conditions.



Do SOLA brand products have fewer calories and carbohydrates?

Here's how SOLA brands compare with other yogurt, ice cream, and granola cereal products:

	SOLA Products	Popular Brands
Yogurt Per 150 g serving	100 calories 7 g net carbs [†]	123 calories 18 g net carbs
Ice Cream Per 1/2 cup serving	150 calories 5 g net carbs	233 calories 22 g net carbs
Granola Per 30 g serving	140 calories 2 g net carbs	117 calories 18 g net carbs

[†]NET CARBS CAN BE CALCULATED BY SUBTRACTING DIETARY FIBER, TAGATOSE (SUGAR), AND SUGAR ALCOHOL FROM TOTAL CARBOHYDRATES SINCE THEY HAVE A LOW GLYCEMIC RESPONSE.

Compare for yourself. Read the nutrition labels on SOLA brands and “healthy” products that are stocked on the shelf, and make the choice that makes more sense for you and your personal health goals.

You should never, ever give up the tastes you love. And with SOLA's chef-crafted, custom foods, you'll never have to

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