

Framingham State University
Division of Graduate and Continuing Education
Course Syllabus: Sweet Solutions? PRDV 70325

Course Information

Course Title: Sweet Solutions? PRDV 70325

Instructor: Vanessa Cavallaro, MS, RD, LDN
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Vanessa will be available by phone and e-mail to assist students, and will respond to all e-mails within 24 hours.

Course Credit

One graduate credit

Course Description

An overview of sugar and non-nutritive sweeteners including guidelines and recommendations for children and adolescents. Topics include: types of sugar and non-nutritive sweeteners, including information about safety; the use of these products in the current food supply; updates on food marketing to children as it relates to sugar; and efforts to reduce sugar consumption in the US and the school environment. The course is intended for school nutrition professionals, teachers, administrators, and school nurses.

Course Objectives

- Students will be able to identify types of sugar and non-nutritive sweeteners, their safety and use in the US food supply.
- Students will be able to describe the current sugar guidelines and recommendations for the US and schools.
- Students will be able to critically evaluate food products to determine their relative nutritional value, and place in their overall diets, as well as in the school setting.
- Students will be able to explain the current recommendations and practices around food marketing to children, as it relates to sugar and non-nutritive sweeteners.
- Students will be able to implement strategies for reducing sugar in foods sold in schools to improve access to nutritious foods.

Course Expectations

Students will need computer access to log into FSU Blackboard (BB) to participate in this course. This is an online course and is not self-paced. Students are expected to work online each week to complete readings, assignments, and discussions according to the course deadlines. Homework assignments are due at the end of each of the four weeks, please refer to the 'Course Documents' folder for specific due dates.

Active, consistent and regular participation and constructive peer-to-peer feedback are essential for a positive course experience. In addition, it helps course efficiency and effectiveness.

Course Content/Outline

- **Unit 1/Week 1: Sugar**
 - Naturally occurring sugars and added sugars
 - Dietary sources and common types of sugar found in foods

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- Corn syrup, fructose, glucose, high fructose corn syrup, lactose, maltose, and sucrose
- Current guidelines and recommendations
- Current US intake
- Risks of a high sugar diet
- Reading food labels
- Food label claims and guidelines
- High fructose corn syrup *controversy*
- Is sugar addictive?

- **Unit 2/Week 2: Sugar Substitutes/Non-Nutritive Sweeteners**
 - FDA Approved Sugar Substitutes
 - Saccharin, Aspartame, Acesulfame K, Sucralose, Neotame
 - Sugar Alcohols
 - Isomalt, Maltitol, Mannitol, Sorbitol, Xylitol
 - Others
 - Stevia
 - Reading food labels
 - Use of non-nutritive sweeteners in the US food supply
 - Are there risks?

- **Unit 3/Week 3: Sugar and Sugar Substitutes in the US Food System & Schools**
 - Decreasing sugar in the US food supply, have reduction efforts worked?
 - State and federal guidelines for school foods that target sugar and sugar substitutes.
 - Massachusetts Competitive Food and Beverage Regulations
 - USDA Smart Snack
 - Food preparation strategies to reduce sugar
 - Implementing and selling the changes in your school
 - Case studies and best practices
 - Resources to use in schools

- **Unit 4/Week 4: Food Marketing to children as it relates to sugar and non-nutritive sweeteners**
 - What is food marketing?
 - Does food marketing to children affect their diet and behaviors?
 - Types of food marketing to children
 - Current campaigns and recommendations

Course Texts and Materials

There are no required text books for this course. Weekly readings will be available via the Internet or for download. Online readings and resources include, but are not limited to:

- [Added sugar: Don't get sabotaged by sweeteners](#). Mayo Clinic, Oct 2012.
- [What's the recommended daily allowance for sugar?](#) Food Politics, February 2013.
- [Sugar: Too Much of a Sweet Thing](#) Center for Science in the Public Interest
- [Mayo Clinic article on Artificial Sweeteners and other sugar substitutes](#), October 2012

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- Massachusetts Nutrition Standards/Massachusetts Competitive Food and Beverage [Regulations](#) and revised [Guidance](#) document, 2012.
- [Smart Snacks](#) and [Smart Snacks in School Info-graphic](#). USDA
- [The Children's Food & Beverage Advertising Initiative, A Report on Compliance and Progress During 2011](#). Food & Beverage Advertising Initiative, Council of Better Business Bureaus, December 2012
- [Yale Rudd Center for Food Policy and Obesity](#). Will highlight overall web site as well as a few articles for required reading.
- [Fast Food F.A.C.T.S \(Food Advertising to Children and Teens Score\)](#). Will highlight overall web site as well as a few of the briefs for required reading, 2013.
- [Campaign for a Commercial Free Childhood](#). Will provide as a resource and choose a few articles for required reading.
- [Public Health Law Center at William Mitchell College of Law](#). Will provide as a resource and choose a few articles for required reading.
- [Report Card on Food Marketing Policies](#). Center for Science in the Public Interest, 2010.
- [Challenges and Opportunities for Change in Food Marketing to Children and Youth: Workshop Summary \(2013\)](#). Standing Committee on Childhood Obesity Prevention Nutrition Board, Institutes of Medicine

Grading

Class participation (assessed through weekly discussion board participation) is worth 20% of the final grade. The four homework assignments make up the remaining 80% (each worth 20%).

Academic Honesty Policy:

Please refer to the FSU student handbook for the Academic Honesty policy posted for 2013-2014. All students are expected to generate materials and thoughts that are their own.