

Clinical Diabetes

“Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals”

Warshaw H, Edelman SV. Practical strategies to help reduce added sugars consumption to support glycemic and weight management goals. *Clinical Diabetes* 2021; 39:45–56.

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SUMMARY

“Helping people make long-term food and lifestyle changes requires a different and more nuanced communications approach,” said Hope Warshaw, MMSc, RD, CDCES. “For many people, the most challenging part of their care plan is feeling confident that they’ll be able to continue modifications they make now over the long term.”

For many healthcare providers, the consultative role that they play in the nutrition decisions of their patients cannot be overlooked.

To help HCPs who are counseling their patients on integrating LNCS into their eating pattern, “Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals” lays out how the use of LNCS is an effective way to achieve glycemic and weight management goals.” The paper also lays out the crucial role of palatability in influencing food choices and how HCPs can better support their patients’ adherence by focusing on taste.

Recognize the role of taste in choosing foods - and make specific product recommendations based on taste. Clinicians should consider preference data as the first option for patients. As the study notes, “numerous studies have shown that the taste of food plays an important role in food choices, eating behaviors and food intake¹.” As figure 3 shows, when it comes to consumer taste preferences, Splenda Original and natural tabletop LNCS are the overwhelming favorites.

Present various options and forms of LNCS and encourage experimentation. As people take steps to lower their intake of added sugars, health care professionals must encourage people to experiment with different forms of LNCS to get the best match for their own taste. Because most people require frequent, consistent nutrition counseling and support over time to make and adhere to behavioral lifestyle changes that assist with weight loss, health care professionals have an outsized role to play in these efforts.

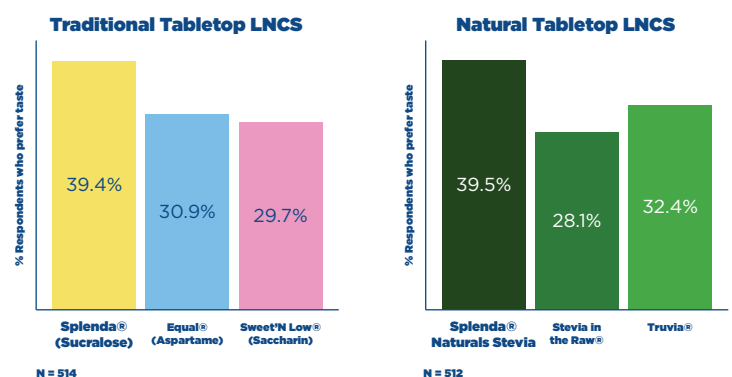
As people are experimenting with different types of LNCS, Splenda offers a variety of products and forms to help people better meet their lifestyle needs and preferences.

Meet patients where they are. When encouraging lifestyle behavior modification to change food choices and eating habits, it is crucial to understand the patient’s current state and focus. Understanding of current food choices, eating habits, food security, home and work situations, and other factors are important.

Identify and leverage each patient’s motivations for weight management. This is particularly important if weight loss is being encouraged to prevent or delay prediabetes or type 2 diabetes. This strategy also provides an opportunity to dispel any myths and misinformation reported in the media and reinforces the message that LNCS are both safe and effective as a component of weight management efforts.

Establish an honest, collaborative, and person-centered relationship with patients. Facilitate shared decision-making in setting practical, individualized, and achievable goals that address their preferences, circumstances, and capabilities.

Figure 3. Consumer Taste Preferences for Traditional and Natural Table-top Sweeteners by Brand Name



1 Kourouniotes S, Keast RSJ, Riddell LJ, Lacy K, Thorpe MG, Cicerale S. The importance of taste on dietary choice, behaviour and intake in a group of young adults. *Appetite*. 2016;103:1-7.

Glanz K, Basil M, Maibach E, Goldberg J, Snyder D. Why Americans eat what they do: taste, nutrition, cost, convenience, and weight control concerns as influences on food consumption. *J Am Diet Assoc*. 1998 Oct;98(10):1118-1126.

Ebrahim, Z, Villiers A, Ahmed T. Factors influencing adherence to dietary guidelines: A qualitative study on the experiences of patients with type 2 diabetes attending a clinic in Cape Town. *JEMDSA* 2014;19(2):76-84.

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