

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Sugars, Salt & Sodium

- Sugars include white sugar, brown sugar, corn syrup, honey, molasses, etc.
- Sugars supply calories and little else nutritionally.
- To avoid getting too many calories from sugars, try to limit your added sugars to:
 - 6 teaspoons a day for 1,600 calories
 - 12 teaspoons a day for 2,200 calories
 - 18 teaspoons a day for 2,800 calories
- Excessive sugar intake can suppress the immune system, contribute to weight gain and obesity, lead to asthma, mood swings, nervous disorders, diabetes, heart disease, gallstones, and can increase hypertension and arthritis.
- Nutrition labels list a Daily Value of 2,400 mg per day of sodium.
- Most people use more than 2,400 mg per day.
- Most of the sodium in people's diets comes from salt they add while cooking and at the table.
- One teaspoon of salt provides about 2,000 mg of sodium.
- Excessive salt can lead to high blood pressure, reduced bodily performance, and an overall decline in health.
- Use low-sodium products like lemon juice, balsamic and other natural vinegars, celery juice, dried tomatoes and other vegetables, green onions and mild spices to add flavor to your foods.

Notes:

Instructor Tips

- **Explain that excessive sugar intake can reduce helpful high density cholesterol (HDLs) and promote an elevation in harmful cholesterol (LDLs).**
- **Explain to workers that they need to learn to enjoy foods in their natural state and without adding extra salt.**
- **Ask workers to discuss ways they can control their sugar and salt intake.**

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