Leah Brockman

COMM 205 with Dr. Lenze

Persuasive Speech

College Students Need to Eat Less Sugar

Hello, my name is Leah Brockman. I am a Communications Media major at Indiana University of Pennsylvania. Today I would like to talk about what steps college students can take on how to eat less sugar.

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**In this presentation I will be talking about the kinds of sugar students eat including the good and the bad, the consequences of eating too much sugar, and then wrapping up with preventative measures on how to eat less sugar.** (Cut back to me) but first let me ask a question. Do college students actually eat more sugar than those who are not pursuing post-secondary education? I certainly think so. I know because I am a college student who in the past and now eats too much sugar daily. I can attest many of the students eat copious amounts of sugary treats in the dining halls or order insomnia cookies at two in the morning on the weekend.

Then I will ask another question. What is defined as too much sugar? The average daily amount of sugar intake, given by WHO (World Health Organization), is recommended to be twenty five grams or about six teaspoons but it varies according to gender.

According to a study done by Euromonitor, a market research firm, the United States is number one in sugar consumption. With a total of more than 126 grams of sugar, tantamount to three coca cola cans, it is pretty clear that citizens of the US easily consume a lot more sugar than many people from other countries in the world.

The kinds of sugar we eat are unprocessed and processed sugar. Unprocessed sugars are the natural sugar comes from vegetables, fruits, dairy products, and starchy foods like pasta and corn. They provide energy to our bodies so they can function properly. Processed sugars are the candy, soda, cookies, and other snacks that just have empty calories. College campuses have an abundance of those empty calorie processed treats. I lived on campus for my first two years of study and quickly realized all the sugar I consumed in a day had affected me in very unhealthy ways. Students who live on campus have a plethora of sugary snacks readily available to them in the residence halls, POD or provisions on demand markets, and dining halls. With easy access, no parental advisory, and a lack of self-control those days of living without fear of the consequences of eating too much candy were gone.

My father was diagnosed with diabetes around 2009 and it changed everything my father had known. He was used to eating so much sugar in a day with no adverse effects. My family used to call him the thief of the night because by morning after grocery shopping, the snacks had been eaten. I’m talking ice cream, chips, cookies, fruit, etc. He had to inject himself with insulin after eating to maintain his sugar levels.

So, why do we eat so much of the bad stuff? Even when it is known that too much of something is not good. Whether it is candy or cookies or fast food, people, especially college students away from home for the first time, have a hard time coming up with alternatives to eating junk. In the past their parents fed them when they were too tired after a long work day or they had to care for themselves.

The consequences for eating excess amounts of sugar are many in number. For example, diabetes can end up being a lifelong disease that eventually leads to serious health problems. It is almost as if it were an addictive drug and there are studies out there that have likened sugar to cocaine. It can give an intense rush almost similar to a high but at the end when insulin from the pancreas has leveled out blood sugar levels they are left feeling empty and unsatisfied. Sugar and alcohol are both processed by the liver and just like over consuming alcohol can lead to health problems so can sugar. The effects of both sugar and alcohol can, with certainty, lead to problems with the functioning systems within the body and ultimately death. **(Powerpoint Slide) High blood pressure, heart disease, diabetes, excessive weight gain, cancer; these are all examples of how too much sugar can lead to an unhappy life.**

The more sugar people consume the more terrible they end up feeling.

Now it is time to move forward onto how to manage daily consumption of sugar and a healthy diet on and off campus. This is where self-control comes into play also. Here are a few simple ways to cut out some excess sugar.

(Cut to slides of numbered list.)

1. **Research the kinds of sugar to watch out for. That includes food high in anything with the suffix –ose. Fructose and glucose are just two examples. High fructose corn syrup is known for its intense sweetness as well as there being high amounts in different candies.**
2. **After research, look up what foods at the dining hall are healthy. That includes fruits, vegetables, and dairy products which have natural, healthier sugar. Sometimes after studying students just want to grab a slice of pizza late at night and that’s not all bad. When it becomes more than once or twice a week then it should be obvious that it is starting to be too much.**
3. **If a student lives off campus it may be better to buy a cookbook with lots of healthy meals at a price that won’t hurt the budget. Organic foods are healthy but they are definitely more expensive which is why some people prefer to eat fast food because it’s simple and not time consuming like cooking.**
4. **Don’t work at a place where you are around temptation all the time. For myself, working at a candy store is like a dream but surrounding myself with candy that I can eat will definitely come back to haunt me in the future.**

In spite of all that I have said, it is important to know that all sugar is not all bad, in fact it is very good for the body but in moderation. Eating sugary sweets from time to time like chocolate is not bad but again, in moderation. Currently I work at a small town candy store but let’s not give into the irony of that just yet. It is not easy to give up sweets cold turkey but swapping soda for water, skittles for yogurt, milk chocolate for dark chocolate, etc., people would start to see a difference in themselves because their bodies would not have to process through all the snacks high in processed sugar they consume.

Everyone knows the basic food groups especially on the food pyramid.

(Pull up slide of Food pyramid for explanation)

The key to eating healthier is to follow the food pyramid’s guidelines to serving sizes, healthy fats and sugars, foods with more protein, etc. In an article written by BuzzFeed, an American social news and entertainment company, it really gives more information on how to cut out excess sugar. By combining fruits, because again they have natural healthy sugar, with healthy fats like unsalted pecans and walnuts, peanut butter, or almond butter anyone can begin to eat healthier and realize that eating less sugar does not mean giving up all the things that you like. It means ridding themselves of what is unhealthy and having that self-control when surrounded by temptation. I hope this video either inspires or gives some insight to leading a healthier lifestyle.

(Cut to shot of myself as I end the speech.)

Once again my name is Leah Brockman, a student at Indiana University of Pennsylvania and if you have any questions about the content of this video you can post a question or a comment at iblog.iup.edu/CHLT or send me email through the contact link on my blog.