

Sugar Shock!

IT'S TRULY SHOCKING! People are eating more added sugar than ever before. Experts recommend not eating more than 6 to 9 teaspoons a day for adults and even less for children. According to the American Dietetic Association and a recent study by Sibylle Kranz PhD, RD, in America:

- adults are consuming 22 teaspoons of added sugar a day
- teens are averaging 34 teaspoons a day
- 4–5 year olds eat about 17 teaspoons a day
- 2–3 year olds eat 14 teaspoons a day

Excessive sugar intake, according to Dr. Robert Lustig, from UCSF, may be a main contributor to the obesity epidemic which in turn, contributes to other health issues including heart disease, diabetes and some forms of cancer.

Some sugars are naturally occurring carbohydrates found in many

nutritious foods we eat everyday such as fruits, vegetables, milk and grains. These carbohydrates are an important part of a healthy diet,

and the sugar they contain is naturally occurring, not added sugar. These foods also contribute many nutrients and fiber to the diet.



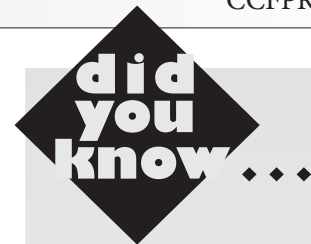
Read the Label

To find which products have added sugar you must read the label and know the terms.

- Most added sugars in the diet come from sodas, sports drinks, fruit drinks, cakes, cookies, ice cream, candy and other desserts.
- Watch out for added sugars in seemingly healthy products, such as flavored yogurt, breakfast cereals and snack bars.
- Added sugars are even found in such unlikely places as ketchup, tomato soup, canned pasta, pasta sauce and applesauce.

When it comes to added sugar, less is better, so when shopping, look for

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- ▶ Most Americans are getting 22 teaspoons of added sugar per day, while experts recommend only 6 to 9.
- ▶ 22 teaspoons of sugar is equal to about 350 calories.
- ▶ Many products labeled as low fat have extra sugar added to compensate.
- ▶ Fat free milk is not “watered down” milk. It is made by skimming off the fat—no water is added.
- ▶ Researchers calculate that the body absorbs about 25% less calcium from soy milk than from cow’s milk.
- ▶ When a 30 pound child drinks one 12-ounce can of caffeinated soda, he/she is getting as much caffeine as a 150 pound adult drinking 4 cups of coffee.

Sources: American Dietetic Association, Dairy Council of California, Bay Area Physical Activity Collaboration

Quotable Quotes

“Appetizers are the little things you keep eating until you lose your appetite.”

— Jack Benny

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- ◆ Recipes
- ◆ Food Funny

Sugar Shock!

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added sugar in processed food items by reading the ingredient list on the label.

Sugar Has Many Names

Honey, brown sugar, cane juice, sucrose, fructose, glucose, maltose, corn syrup and high fructose corn syrup are a few commonly used names for sugar. According to Dr. Lustig, sugar is sugar and all of it can contribute too many calories and too few nutrients to our diet. Ingredients on a label are listed in descending order by weight. It should be simple to determine whether sugar is one of the main ingredients in a product, but it's not that easy:

- If only one kind of sugar is in a product, it will be easy to see if it is at the top of the list.
- More often several different sugars will be used in a product and scattered throughout the ingredient list, making it more difficult to determine if sugar is one of the main ingredients.
- If that isn't confusing enough, both added sugars and naturally occurring sugars are added together in the total grams of sugar on the Nutrition Facts Panel.

To find products low in added sugars it is essential to read the ingredient list **and** check the Nutrition Facts Panel.

Poor Nutrition and Tooth Decay

Added sugars contribute not only to weight gain, but also to poor nutrition and tooth decay, according to the Mayo Clinic.

- Overweight has many causes, but added sugar definitely contributes to the problem.
- All forms of sugar contribute to tooth decay by promoting the growth of bacteria on the teeth.
- The more often sugary foods are consumed, the more likely cavities are to develop.
- Sugary foods, low in nutrient value, often take the place of more nutritious foods in the diet which can lead to a decreased intake of important nutrients, vitamins, minerals and fiber.



“Children with the highest level of added sugar intake had the lowest consumption of most nutrients and servings of grains, vegetables, fruits and dairy,” say researchers published in the Journal of Pediatrics.

Read the nutrition facts panel and ingredient list, in order to locate hidden added sugar in processed food items. Eliminate high sugar foods such as regular soda, candy, desserts and other sugar sweetened beverages. Overall, decreasing the amount of added sugars consumed will result in a healthier diet and in turn healthier teeth and a healthier weight.

— Catherine Stafford
Child Health and Nutrition Specialist
Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Cut Back on Sweet Treats

10 Tips to Decrease Added Sugars

LIMIT THE AMOUNT OF FOODS AND BEVERAGES with added sugars that you eat and drink. If you don't buy them, you won't eat them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients.

1 Serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cookie or cupcake.

2 Sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, lowfat (1%) or fat free milk. Limit 100% juice to no more than 4–6 ounces per day.

3 Use the check-out lane that doesn't display candy

Most grocery stores have a candy free check-out lane to help moms out. Waiting in a check out line with a tempting candy display makes it easy for children to ask for sweets.

4 Choose not to offer sweets as rewards

By offering sweets as a reward for good behavior, children learn to think that some foods are better than other foods. Reward children with kind words and hugs, or give them non-food items, like stickers, to make them feel special.

5 Make fruit the everyday dessert

Serve baked apples, pears, berries or enjoy a fresh fruit salad.



6 Make food fun

Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods “fun” by preparing them with children’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut sandwiches into fun shapes with cookie cutters.

7 Let kids invent new snacks

Make your own snack mixes from dry whole-grain cereals, dried fruit pieces and unsalted nuts and seeds. Provide the ingredients and allow kids to mix their own “new” snack.

8 Play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals and select the one with the lowest amount of sugar.

9 Make sweets “treats” not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 If kids don't eat their meal, they don't need sweet “extras”

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

— Adapted from USDA DG TipSheet No. 13

Bean Soup

Dried navy beans	1 pound
Smoked ham or ham hock	¾ pound
Water	2½ quarts
Oil	1 Tbsp
Onion, chopped	2
Celery, chopped	4 stalks
Carrot, chopped	2
Kale or spinach, chopped	4 cups
Salt	1½ tsp
Pepper	½ tsp
Tabasco sauce (optional)	few drops

1. Rinse and pick over beans, soak overnight in water.
2. Drain and rinse beans. Combine with water and ham in a large pot. Cover and bring to a boil; reduce heat and simmer, partially covered until beans are tender about 1½ hours. Stir occasionally and add more water if necessary.
3. Remove ham, cut meat into small pieces and return to soup.
4. In a medium skillet sauté onion, celery and carrot in oil until soft. Add to soup with greens, salt and pepper. Cook until greens are tender, 5–15 minutes.

Yield: 12 servings

Meets requirement for fruit/vegetable and protein/meat alternate

— *Relishmag.com*

Healthy Maple Nut Cookies

Rolled oats	1 cup
Whole wheat flour	1 cup
Walnuts	1 cup
Olive oil, (preferably extra light)	½ cup
Maple syrup	½ cup

1. Preheat oven to 375°F. Put the oatmeal in a food processor and pulse until oatmeal is broken up into small pieces. Add flour and process.
2. Add the walnuts, oil and maple syrup and continue to pulse until well mixed.
3. Drop the batter onto cookie sheets. Bake for 12 minutes. These delicious cookies freeze well.

Yield: 12 servings

Meets requirement for grains/breads at snack time only

— *Carol Owens, Spirit Magazine*

Activity Corner

I MADE IT MYSELF

Edible Fruit Rainbows

Set out colorful bowls of fruit in the center of the table and give the children individual paper plates. The children can arrange fruits in a rainbow design that includes all the colors of the spectrum: red strawberries, orange sections, yellow banana coins, green kiwi slices, blueberries, violet grapes.



Vegetable Shake Salad

Set out fixings for a vegetable salad such as lettuce, spinach, halved cherry tomatoes, shredded carrots, sliced mushrooms, bell pepper strips and sliced radishes. Let the children choose the ingredients they would like, toss them in a plastic baggie, pour in a little dressing, seal and shake it up! Pour contents onto a plate or eat right out of the bag.

— *Wee Cooks Corner*

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Food Q: Do you know how to make ground beef chili?
Funny A: Put it in the freezer.