

# We Have the Same Amount of Sugar

## SNAP-Ed Standard:

- ✓ Reduce Sugar Sweetened Beverage Consumption
- ✓ Drink Water
- ✓ Increase Fruits and Vegetables

## Goals:

- ✓ Participant will express desire to reduce the amount of added sugar they consume.
- ✓ Participant will understand that SSB's and juice have about the same amount of sugar
- ✓ Participant will express desire to drink water and focus on healthy sugars such as fruits, vegetables and unsweetened dairy/grain products.

## Objectives:

- ✓ Participant will be able to state that most SSB's have the same amount of sugar.
- ✓ Participant will be able to state 'how' to determine how much sugar is in a drink. (Grams of sugar/4).

**Introduction:** It is often eye-opening when people realize that ounce for ounce, drinks like soda, Gatorade, fruit drinks, juices and so-called 'healthy' drinks like vitamin waters have the same amount of added sugar. It is important for parents to recognize that, in fact, all of those drinks have the same amount of sugar and none of them are actually 'healthy.' The distinction we make is that 100% fruit juice has natural sugars and more nutritional benefits than SSB's. However, even 100% fruit juice needs to be limited to no more than 4-6 ounces per day. As always, water and whole fruits and veggies are

## Activity:

**Objective:** Parents will learn how much sugar is in each drink as well as where to find how much sugar a drink has on the container.

- ✓ At the site, the student will display the three approximately same sized beverages and zip lock bags of sugar containing the exact amount of sugar in relation to the beverage and ask the parent to match the bag of sugar to the beverage .
- ✓ The student will then ask the parent to identify the amount of sugar in the 100% juice. Example – "Can you tell me how much sugar this 100% fruit juice contains" while pointing to the sugar information on the nutrition label.
- ✓ Then the student will show the parent the amount of sugar in the container by holding up the appropriate "sugar bag". The student will repeat this same activity for each beverage provided.
- ✓ The student will ask the parent where they would look on the container to find out how much sugar a drink has.
- ✓ If the parent states 'on the label' the student will ask the parent to point out on the label where the amount of sugar can be found.
- ✓ If the parent states that he/she does not know, then the student will inform the parent that the amount of sugar can be found on the nutrition label and point out the sugar content using the 100% fruit juice.
- ✓ The student will then inform and show the parent that all of the juice drinks contain approximately the same amount of sugar.

## Materials:

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Beverages: juice drink, 100% fruit juice, Gatorade, Soda. 1 bottle of each (16 oz)
- ✓ Sugar packets, 100
- ✓ Zip-lock plastic bags, 1 quart size, 4 bags
- ✓ Handout
- ✓ Incentives

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## Talking Points:

- ✓ Even though 100% Juice is the best choice when choosing to drink a fruit beverage, it still contains the same amount of sugar as soda and other juice drinks. (Those that are not 100% juice)
- ✓ Whole fruit and water are best

## Sugar and Your Health

Can you satisfy your sweet tooth and eat a healthy diet? Believe it or not, you probably can. Sugar can be part of a healthy diet if used in moderation. But what is moderation? According to the Food Guide Pyramid, a person eating 2,200 calories a day should eat no more than 12 added teaspoons of sugar each day. You may not think you add that much sugar to your food, and you personally might not, but sugar might have been added in the processing. The average American eats more than 32 teaspoons of added sugar each day. Candy and cereal and other sweet foods contribute quite a bit of this sugar. However, catsup, salad dressing, barbecue-flavor potato chips and other foods you wouldn't normally consider sweets, often contain added sugar as well. How can you tell if sugar has been added to a food? Check the Nutrition Facts label. "Total sugar" is listed on the Nutrition Facts label in grams. If you divide the number of grams by 4, you'll get the approximate number of teaspoons of sugar in the food. This does include natural sugar but if sugar is one of the first ingredients on the label, most of the sugar is probably added. All of these are sugar: brown sugar, sucrose, dextrose, high fructose corn syrup, molasses, maltose, and fructose.

Is sugar itself bad for you? Health concerns about sugar include its possible role in diseases like diabetes, obesity, hyperactivity and tooth decay. However, the only proven link is between sugar and tooth decay. In diabetes, the blood sugar (glucose) rises because it cannot get into the cells. But diabetes is not caused by eating a diet high in sugar. Being overweight increases the risk of diabetes, and eating too many calories leads to weight gain. Cutting down on the amount of sugar in your diet to lose weight may decrease your chances of getting diabetes, but eating sugar does not cause diabetes. Nor does eating a high-sugar diet cause children to become hyperactive, according to the current research. However, high sugar foods are often low in other important nutrients, and should be considered "occasional" foods for children. Tooth decay is a concern, so be sure to brush teeth after meals, and never put sweet liquids in a baby's bottle. Should you be concerned about the amount of sugar in your diet? Sugar is a carbohydrate, and carbohydrates are the major source of energy (calories) for your body. Many foods contain carbohydrates naturally, including bread, fruit, milk, and vegetables. These foods also contain many vitamins and minerals, along with the carbohydrate they contain, so they are a good nutrition bargain. Foods that are high in added sugar, however, such as sweet tea, candy, and soft drinks, are high in calories and very low in vitamins and minerals. Lots of sugar and few other nutrients make these foods poor choices for the number of calories you are getting. Cutting down on high sugar, low nutrient foods make good sense from a nutrition standpoint, especially since most Americans get far more sugar in their diets than is recommended. Make it a habit to satisfy your sweet tooth with fruit, which contains natural sugar, and is high in vitamins, and minerals. And when nothing but chocolate will do, have a small piece or two, not the entire box

# Challenge!

Look at the INGREDIENTS LIST on your favorite foods....Is Sugar in the top two ingredients?

**INGREDIENTS:** WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D<sub>3</sub>, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K<sub>1</sub>, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B<sub>12</sub>.

What health problems can happen if people have too much added sugar all the time?

Pre-Test

Post-Test

Diabetes	Diabetes
Metabolic Syndrome	Metabolic Syndrome
Obesity	Obesity
Cavities	Cavities
Heart Disease	Heart Disease
Other	Other

How can you tell if there is added sugar in a product?

Pre-Test

Post Test

Read Nutrition Facts	Read Nutrition Facts
Read Ingredients List	Read Ingredients List
Other	Other

Remember....The Nutrition Facts Label will show **TOTAL** sugar grams—that includes added *and* natural sugars. **The Ingredients label will show if there is added sugar.**