

SNAP-Ed Standard:

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

Goals:

- ✓ Participant will express desire to reduce the amount of SSB's they consume.
- ✓ Participant will understand that added sugars can lead to health problems, including dental caries.
- ✓ 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 added sugars can lead to tooth decay, obesity, heart disease, diabetes and metabolic syndrome.
- ✓ Participant will state plan to drink more water, consume more fruits and vegetables and avoid highly sweetened dairy and grain products.

Protect Your Child's Smile

Introduction:

Nutrition experts encourage families to limit a child's intake of soda and sugary beverages. But is fruit juice included in the list of limited beverages? Some experts believe that fruit juice needs to be limited; noting that drinking too much juice can contribute to obesity, cavities (dental caries), diarrhea, and other gastrointestinal problems. Another problem with drinking too much juice is that it is filling and will decrease a child's appetite for more nutritious foods. Fruit juices generally do not have a lot of nutrients, although they do have Vitamin C and some are fortified with calcium. Also, if the child is drinking a lot of juice, then they probably is not drinking much milk, which is a good source of calcium and other nutrients.

Activity:

Objective: Parent will recognize damage SSB's can do to teeth.

There will be 3 egg shells on the table. One has been soaked in soda, one in 100% fruit juice and one in water.

- ✓ Student will ask parent to place the correct egg shell on the corresponding card on the table—one will say "Soda" one will say "Fruit juice" and one will say "Water."
- ✓ Student will reinforce the fact that sugary drinks—even 100% juice—can damage children's teeth and cause dental caries.
- ✓ Provide parent with handout and incentive.

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Soaked eggs, 3
- ✓ Pics of soaked eggs, 3
- ✓ Cards: "soda," "fruit juice," "water."
- ✓ Plastic plate, 1
- ✓ Handout
- ✓ Incentives
- ✓ Challenge Sheet

Protect Your Child's Smile

Talking Points:

- ✓ In order to help prevent cavities, reduce the intake of sweetened beverages and foods with added sugar.
- ✓ Drinking water rather than juices or other sweetened beverages is a good alternative and water will not contribute to tooth decay.
- ✓ Sugar causes cavities. Both natural containing sugar and added sugar can cause cavities.
- ✓ Water contains no sugar, so, water will not cause cavities.
- ✓ People should be encouraged to drink more water than juice and other sweetened items.
- ✓ Remind parents that doctors recommend drinking no more than 4 – 6 ounces of juice per day.

Good eating habits are key to childhood dental health By Shelley Sherman, University of Minnesota Extension ST. PAUL, Minn. (5/18/2009)

So, here's a question: If you as a parent could do a few things that would protect your child's teeth AND lower your child's risk of being overweight... Would you do it? Of course! However, a recent survey by the American Academy of Pediatric Dentistry found that many parents don't realize that some of their routine practices contribute to tooth decay.

Here are some "for instances":

Cavity-causing bacteria can be passed from the mouth of a parent or caregiver to their child's mouth when sharing food, or cleaning off a pacifier, or putting fingers in the other's mouth. In other words, children can "catch" cavities.

Even "healthy" snacks can be damaging to teeth. The longer teeth are exposed to sugar, the more damage is done. Baked snacks like crackers or other cooked starches like pasta, can also lead to cavities, and they stay in the mouth longer than a piece of candy.

Sipping on sugared beverages (i.e., pop, juice, many flavored waters) all day can cause tooth decay. (Plus—one regular can of pop may contain more than 10 teaspoons of sugar. Check out the calories!) Drink only water between meals.

Although drinking fluoridated water is the single most important way to prevent cavities, many parents think bottled water is better. Most bottled water does not contain fluoride. If you live in a city with fluoridated water, drink the tap water! 98.6 percent of public water in Minnesota is fluoridated and it is safe to drink. Well water on farms or trailer parks must be tested.

Putting a child to bed with a bottle of milk, formula, soda pop or juice—all of which contain sugar—means that they will have sugar in their mouth for hours. Since tooth decay can start with the first tooth, always wash off their teeth after eating or drinking. Only a bottle of water before bed is advisable.

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 D₃, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K₁, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B₁₂.

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.**