

What Has More 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 best.

Activity:

Objective: Parent will recognize that all sugary drinks have the same amount of sugar.

- ✓ The student will set the four beverages on the table and have several sugar packets available.
- ✓ The student will ask the parent to identify how many sugar packets he/she would add to a cup of tea or coffee.
- ✓ The student will then ask the parent to place the amount of sugar packets he/she believes is in each beverage.
- ✓ The student will then inform the parent that each drink has approximately the same amount of sugar and that if he/she wishes to reduce their child's sugar intake, he/she should reduce the amount of sweetened drinks that his/her child is consuming—show the parent how to determine amount of sugar in the drink.
- ✓ Water is the best alternative to drink rather than drinking 100% fruit juice or other sweetened beverages.
- ✓ The student will hand the parent an incentive and the parent handout.

Materials:

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Beverages: Soda, Gatorade, juice drink, water, 1 bottle of each (16 oz.)
- ✓ Sugar packets, 80
- ✓ Handout
- ✓ Incentives

Talking Points:

- ✓ Juice drink, 100% fruit juices, and regular (non-diet) soda all contain sugar.
- ✓ In the display board example 100% Juice these all contain about the same amount of sugar – 6 packets per item.
- ✓ Use the Nutrient label to help participants find the following:
 1. Number of servings per package
Serving size in ounces
 2. Number of grams of sugar per serving
% juice in the beverage
- 1. Using the ingredients list help identify if there is any added sugar and what other ingredients are contained in the beverage.
- ✓ The labels of some fruit punches or juice drinks may read: 100% vitamin C, however do not be misled by the label. Food manufactures want to make these sugar-sweetened beverages seem essential for good health, when in fact they are nothing more than different forms of sugar water.
- ✓ Not all the good nutrient found in fruits make it to the juice. There is very little if any fiber in juice and some of the vitamins (like Vitamin C) are destroyed during processing – pasturization.
- ✓ So, although juice is more nutritious than most other beverages in the market (juice drinks and sodas), we should be aware that any time we process fresh whole food, something is lost. Then the better option is the fresh fruit.

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Substituting Water For Sugar-Sweetened Beverages Can Reduce Excess Calorie Consumption ScienceDaily (Apr. 7, 2009)

Replacing consumption of sugar-sweetened beverages (SSBs) with water could eliminate an average of 235 excess calories per day among children and adolescents, according to a study published in the April 2009 Archives of Pediatrics & Adolescent Medicine. The study's authors conclude that such a replacement would be a simple and effective way to reduce excess intake of calories causing childhood overweight and obesity, as well as address dental cavities and other health problems associated with added sugar. And they predict no detrimental effects on nutrition. "The evidence is now clear that replacing these 'liquid calories' with calorie-free beverage alternatives both at home and in schools represents a key strategy to eliminate excess calories and prevent childhood obesity," said Y. Claire Wang, MD, ScD, assistant professor of Health Policy and Management at Columbia University Mailman School of Public Health and the study's lead author. Dr. Wang and colleagues analyzed what children and teens reported they ate and drank on two different days, using nationally representative data from the 2003-2004 National Health and Nutrition Examination Survey. They then estimated the impact of substituting water for SSBs on the total energy intake of youths ages two to 19. No data suggest that youths increase their consumption of other foods and beverages to compensate for drinking fewer SSBs, and so every can of soda or fruit drink that is replaced by water means a net reduction of calories. Almost 90 percent of U.S. children and adolescents currently consume SSBs on any given day, including soda, fruit drinks, punches, sports drinks and sweetened tea, and the calories contained in these drinks can represent more than 10 percent of their total daily intake. There is growing evidence that sugar-sweetened beverage consumption is an important contributor to rising youth obesity rates in the United States. "This study shows the substantial impact that replacing sugar-sweetened beverages with water could have," said C. Tracy Orleans, senior scientist and distinguished fellow at the Robert Wood Johnson Foundation, which co-funded the study along with the Centers for Disease Control and Prevention. "Reversing the rise in childhood obesity requires finding approaches like this to close the gap between daily energy intake and daily energy expenditure. Changes such as this one can potentially add up to significant benefits for the population as a whole." In contrast to the caloric reduction noted when replacing SSBs with water, the researchers found no difference when replacing SSBs with milk. But they emphasized the calcium, protein and other nutritional benefits that reduced-fat milk provides, in contrast to most SSBs. Though the findings suggest that reducing SSB consumption may prevent unhealthy weight gain, the researchers say that widespread recommendations to decrease SSB consumption are unlikely to lead to unnecessary or harmful weight loss in healthy-weight or underweight teens. A 2008 study by the same team of researchers found that children consume SSBs in a variety of locations—homes, schools, fast-food establishments and other restaurants. Up to 70 percent of the consumption occurs in the home environment, whereas seven to 15 percent of consumption occurs in schools. "Making children and teens more active is important," Dr. Wang noted, "However, simply eliminating the extra calories they don't need from these sugary drinks can tip the energy balance in a major way." A typical 15-year-old boy would need to jog for 30 minutes in order to burn off the calories contained in a 12-oz can of soda. The alternative drink best suited to reduce excess caloric consumption is water. "These beverages are nothing more than different forms of sugar water, which kids don't need," said Steven Gortmaker, PhD, professor of the Practice of Health Sociology at the Harvard School of Public Health and the senior author on the study. "Unless they are running marathons, which we do not recommend for kids, water is the best choice for quenching their thirst. It is also low cost, especially when it comes from a clean tap source."

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.**