



"I AM MINDFUL"

Mindful Of My Sugar

It is important to be mindful about the sugar we eat and the hidden sugar in many processed foods and beverages.

Nutrition labels list the sugars found in foods. Many foods have sugar in them, even if you think that they don't!

Let's review the harmful effects of too much sugar, and read about the many different names for sugar.

HEALTHY HABIT OF THE DAY:

Challenge your kids to read the labels at the store and to talk with you about the sugar content.



Healthy LifeStars

Many foods have added sugar in them. The best way to find out if something has added sugar is to look at the nutrition facts label.

You can check the food labels to see if foods we eat have added sugars -especially in foods that we eat a lot

Too much sugar harms the body in many ways:

- causes tooth decay
- raises the risk of certain diseases like diabetes
- increases risk for unhealthy weight
- causes the blood sugar to spike and crash, which affects your mood, energy, and concentration
- you may get jittery and tired

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Limit consumption of sweet treats until after having a nutritious meal-if even at all!

QUESTIONS TO ASK YOUR CHILD

Q: What is added sugar?

A: It is sugar that is not naturally occurring that is added to many types of food.

Q: What foods do you think have added sugar? What foods that you eat often do you think have added sugars?

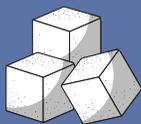
Q: Were you surprised at any foods that had sugar in it that you didn't think would?

Q: What are some other names for sugar?

A: Corn syrup, high-fructose corn syrup, caramel, dextrose, glucose, to name a few!

UNDERSTANDING **ADDED SUGAR**

Since added sugars have been linked to a host of negative health outcomes, it is important to understand your sugar intake and what foods the sugar is coming from.



What is added sugar?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This can include honey, syrups, cane sugar, corn syrup and others.



What is **NOT** added sugar?

Natural sugars found in fresh fruits, vegetables, and milk products.



Easy ways to cut out sugar



LESS THAN 10% of your total calories should come from added sugar. How can you cut down on the added sugar in each of your meals? Here are some tips:



Lunch

Skip the soda (65g of sugar per 20oz bottle)
Pay attention to sugar in condiments such as salad dressing, ketchup, or barbecue sauce.



Breakfast

Limit juices to 4-6 oz per day and increase water
Have **PLAIN** yogurt, rather than fruit-flavored (27g per serving). You can add fresh, frozen, or canned fruit to sweeten the yogurt.
Limit sugary cereals, donuts, poptarts, and pastries. Try lower sugar cereals, such as Kix, Rice Krispies, Cheerios, or oatmeal.



Dinner

Don't fry meats like chicken in heavy, sugar-filled breading. Marinate them and bake or grill for a lighter meal.



Recommended Daily Amounts of Sugar

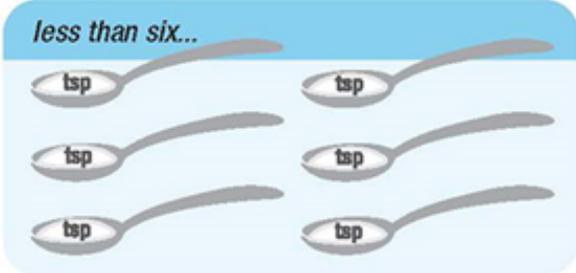


HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.



less than six...



Source: American Heart Association statement: Added Sugars and Cardiovascular Disease Risk in Children

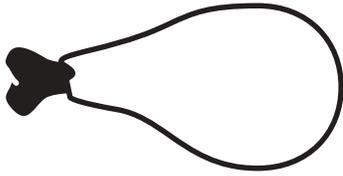


Both images retrieved from the American Heart Association at

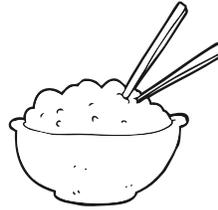
How much **SUGAR??**

Add up the number of sugar cubes in each meal. Color the meal that you think is the best choice!

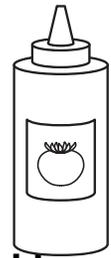
Meal 1:



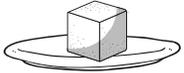
Breaded, fried chicken



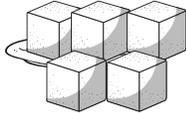
1 cup white rice



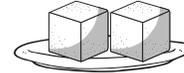
2 tablespoons ketchup



_____ sugar cubes



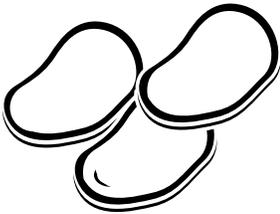
_____ sugar cubes



_____ sugar cubes

_____ total sugar cubes in the whole meal

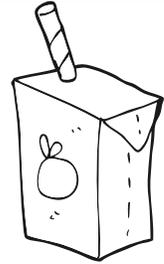
Meal 2:



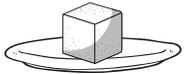
Chicken Nuggets



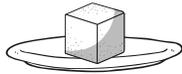
4 carrots



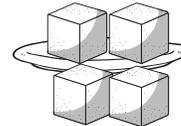
8 oz apple juice



_____ sugar cubes



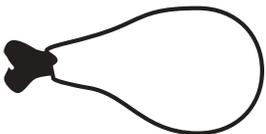
_____ sugar cubes



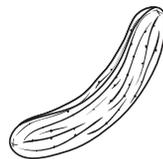
_____ sugar cubes

_____ total sugar cubes in the whole meal

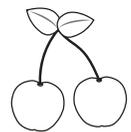
Meal 1:



Baked chicken



1 cup cucumbers



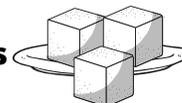
1 cup of fresh cherries



_____ sugar cubes



_____ sugar cubes



_____ sugar cubes

_____ total sugar cubes in the whole meal