

WHY YOU SHOULD LIMIT YOUR CHILD'S SUGAR INTAKE

Sugar is everywhere—it's hiding out in juice boxes, cereals, sports drinks and other popular kids' snacks. It's no surprise, then, that children are consuming so much of the sweet stuff. Researchers from Pennsylvania State University found that the **more added sugar children consumed, the less likely they were to eat healthy foods** including grains, veggies & fruits. So what can be done about the sugar epidemic? Read on for more information from the registered dietitians at Nicklaus Children's Hospital.

WHAT IS ADDED SUGAR?

Added sugars are sugars that are added to foods and beverages during processing or preparation; they do not include naturally occurring sugars found in milk and fruits. However, the nutrition facts panel lists all sugars together (naturally occurring and added) so check the ingredient list to see where the sugar is coming from.

Added sugars can go by many names on nutrition labels. Look for the following ingredients:

Nutrition Facts	
Serving Size 3 oz. (85g) Serving Per Container 2	
Amount Per Serving	
Calories	200
Calories from Fat 120	
% Daily Value*	
Total Fat	15g
Saturated Fat	5g
Trans Fat	3g
Cholesterol	30mg
Sodium	650mg
Total Carbohydrate	30g
Dietary Fiber	0g
Sugars	5g
Protein	5g
Vitamin A 5%	Vitamin C 2%
Calcium 15%	Iron 5%

AGAVE SYRUP, BROWN SUGAR, CORN SWEETENER, CORN SYRUP, SUGAR MOLECULES ENDING IN "OSE" (DEXTROSE, LACTOSE, FRUCTOSE, GLUCOSE, MALTOSE, SUCROSE), HIGH-FRUCTOSE CORN SYRUP, FRUIT JUICE CONCENTRATE, HONEY, INVERTED SUGAR, MALT SUGAR, MOLASSES, RAW SUGAR, SUGAR, SYRUP.

TOO MUCH SUGAR...

- increases calories and contributes to weight gain**
 - 1/3 American children are overweight or obese
- replaces nutrient-rich food in kids' diets**
 - only 2% of kids meet their daily fruit and vegetable needs
- can cause baby teeth to decay**
 - more than 25% of kids aged 2–5 years and 50% of those aged 12–15 years suffer from tooth decay
 - pediatric dental disease (also known as childhood tooth decay) is the #1 chronic childhood illness in the world

The American Heart Association recommends

Children up to age 8:
NO MORE THAN
**3–4 TEASPOONS
ADDED SUGAR PER DAY**



Preteens and teens:
NO MORE THAN
**5–8 TEASPOONS
ADDED SUGAR PER DAY**



AMOUNT OF SUGAR IN KIDS' SNACKS

- 2.6 TEASPOONS** in one cup of Lucky Charms®
- 2.8 TEASPOONS** in three Oreo Cookies
- 4.5 TEASPOONS** in one Frosted S'mores Pop-Tart®
- 5.0 TEASPOONS** in two Reese's® Peanut Butter Cups
- 7.8 TEASPOONS** in one 12 oz. can of Coca-Cola®

HOW TO LOWER YOUR CHILD'S SUGAR INTAKE

- LIMIT SWEETS** Practice portion control with cookies and other baked goods. Try fruit for dessert.
- GO WHOLE GRAIN** Look for whole-grain cereals, such as homemade oatmeal, that don't have added sugar.
- STICK TO WATER** Limit sodas, juices & sports drinks. Stick to water or unflavored milk.
- FILL THEM WITH VEGGIES** Make half their plate fruits and veggies; it'll fill their tummies so they won't ask for dessert.
- FRESH OVER CANNED** Canned fruit may contain added sugar. Look for fruit cups packaged in water (not syrup or juice) or chop up your favorite fruits yourself.

Sources

bjcschooloutreach.org | caloriecount.com | cocacolaproductfacts.com | convertunits.com | generalmills.com | healthyating.sfgate.com
heart.org | hersheys.com | livestrong.com | mychildrensteeth.org | ncof.org | parents.com
poptarts.com | snackworks.com | yalehealth.yale.edu