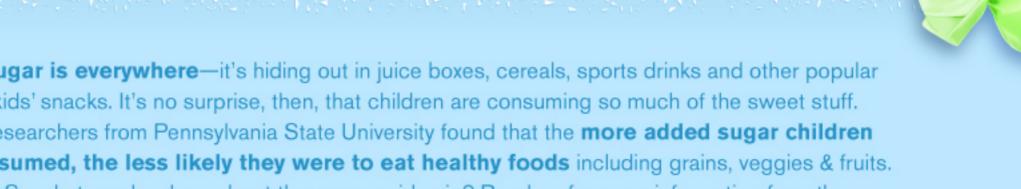


SUGAR INTAKE

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.









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:

Serving Size 3 Serving Per Co			
Derving Fer Oc	mamer a	-	
Amount Per Serv	ing		
Calories 200	С	alories fron	n Fat 12
		% Dail	y Value
Total Fat 15g			20 9
Saturated Fat	5g		28
Trans Fat 3g			
Cholesterol 3	0mg		10 9
Sodium 650m	ıg		28
Total Carbon	ydrate 3	30g	10 9
Dietary Fiber (0 9
Sugars 5g			
Process 5g			
Vitamin A 5%	•	Vitan	nin C 2%
Calcium 15%	•	Iron 5	5%
*Percent Daily Value Your Daily Values mayour calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g	25g
Sodium	Less than	300mg 2,400mg	300mg 2,400m
Total Carbonhydrate		300mg	375mg
Dietary Fiber		25g	30g

AGAVE SYRUP, BROWN SUGAR, CORN SWEETENER, CORN SYRUP, **SUGAR MOLECULES ENDING IN "OSE"** (DEXTROSE, LACTOSE, FRUCTOSE, GLUCOSE,

HIGH-FRUCTOSE CORN SYRUP, FRUIT JUICE CONCENTRATE, HONEY, INVERTED SUGAR, MALT SUGAR, MOLASSES, RAW SUGAR, SUGAR, SYRUP.

MALTOSE, SUCROSE),



TOO MUCH SUGAR...



■ 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



12-15 years suffer from tooth decay

- can cause baby teeth to decay ■ more than 25% of kids aged 2-5 years and 50% of those aged
- is the #1 chronic childhood illness in the world

pediatric dental disease (also known as childhood tooth decay)

Children up to age 8: Preteens and teens:

The American Heart Association recommends

NO MORE THAN 3-4 TEASPOONS **ADDED SUGAR PER DAY**

NO MORE THAN 5-8 TEASPOONS **ADDED SUGAR PER DAY**



2.6 TEASPOONS in one cup of Lucky Charms®

AMOUNT OF SUGAR IN KIDS' SNACKS

2.8 TEASPOONS in three Oreo Cookies

5.0 TEASPOONS in two Reese's® Peanut Butter Cups

4.5 TEASPOONS in one Frosted S'mores Pop-Tart®

7.8 TEASPOONS in one 12 oz. can of Coca-Cola®

Practice portion control with cookies and **LIMIT SWEETS**

HOW TO LOWER YOUR CHILD'S SUGAR INTAKE

GO WHOLE GRAIN

Look for whole-grain cereals, such as homemade oatmeal, that don't have added sugar.

other baked goods. Try fruit for dessert.



STICK TO WATER

Stick to water or unflavored milk.

Limit sodas, juices & sports drinks.



FILL THEM WITH VEGGIES veggies; it'll fill their tummies so they won't ask for dessert. Canned fruit may contain added sugar.

Make half their plate fruits and



FRESH OVER CANNED

Look for fruit cups packaged in water (not syrup or juice) or chop up your favorite fruits yourself.



Sources

