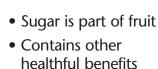


Session 6. Reducing YOUR Added Sugar

NATURAL SUGAR



Overall is "nutrient dense"

VS.

ADDED SUGAR

- Sugar is added to soda
- Adds calories, but no beneficial nutrients
- Overall has "empty calories"



Limit added sugars to:

4 grams = 1 tsp



9 teaspoons for MEN

To decrease YOUR added sugar:

- 1. Be a label reader.
- 2. Choose water and sugar-free drinks.
- 3. Choose 100% fruit juice instead of fruit juice.
- 4. Eat less cookies, cakes, and ice cream.
- 5. Flavor foods with fruit instead of sugar.
- 6. Reduce portion sizes.



Nutrition Facts Serving Size 1 cup (228g) Servings Per Container 2 **Amount Per Serving** Calories 250 Calories from Fat 110 % Daily Value* Total Fat 12g 18% 15% Saturated Fat 3g Trans Fat 3g 10% Cholesterol 30mg Sodium 470mg 20% otal Carbonydrate 31g 10% Dietary Fiber 0g Sugars 5g Protein 5g

Check the Nutrition Facts Label.

Total amount of sugar is listed, but manufacturers are not YET required to list how much of that sugar has been added.

Ingredients: Wheat brain sugar, psyllium seed husk, oat open, high fructose corn syrup, sab, baking seda, caramel color, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), folic acid, thiamin hydrochloride (vitamin B_1), vitamin A palmitate, vitamin B_{12} , vitamin D, BHT (preservative), annatto color.

IT'S ALL SUGAR: Agave, nectar, brown sugar, maple syrup, molasses, corn syrup, cane sugar, turbinado, honey, raw sugar

- Ingredients are listed in order from highest to lowest amount.
- Be cautious if sugar is near the top of the list.

Where does all that added sugar come from?



43% Soft drinks



19% Grain-based desserts



16% Candy



9% Dairy desserts and flavored milk





Hidden Sugar Foods:























Fruit Smoothie

Serves 2 Serving Size 1 cup

NUTRITION FACTS

Calories 140
Total Fat 2g
Saturated Fat 1g
Protein 8g
Total Carbohydrate
23g
Dietary Fiber <1g
Sodium 115mg

Smoothies are a no-added sugar snack or dessert!

Ingredients

Choose 1/2 cup of fresh* or frozen fruit

- Bananas
- Strawberries
- Peaches
- Blueberries

*If using fresh fruit, add 1 cup of ice.

Choose 1 cup base

- Low-fat plain yogurt
- Low-fat plain Greek yogurt

Choose 1/2 cup liquid

- Low-fat or fat-free milk
- 100% juice
- Calcium fortified plain soy milk

Example 1

- 1/2 cup strawberries
- 1 cup plain low-fat yogurt
- 1/2 cup fat-free milk
- 1 cup ice

Example 2

- 1/2 cup banana
- 1 cup plain fat-free Greek yogurt
- 1/2 cup 100% orange juice
- 1 cup ice



Example 3

- 1/2 cup frozen berries
- 1 cup fat-free plain Greek yogurt
- 1/2 cup 100% orange juice

Other Ideas: Add 1/2 cup of spinach or 1/2 cup of sweet potato. If dairy-free, blend fruit, juice, and ice.

Directions

- 1. Put all ingredients into blender and mix until smooth.
- 2. Serve immediately.

Cooked Cinnamon Apples

Serves 1 Serving Size 1 apple

NUTRITION FACTS

Calories 101 Total Fat 1g Protein 0g Carbohydrate 27g Dietary Fiber 4g Sodium 6mg Cinnamon Apples are a great quick and easy snack or dessert. Or as a topping to oatmeal. Using 100% apple juice is a great way to naturally sweeten foods without using added sugar. You can top with raisins or nuts.

Ingredients

- 1 apple (firm variety such as Fuji, Gala, or Braeburn)
- 1 tablespoon 100% apple juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Directions

- 1. Slice the apple and put in a microwave safe bowl.
- 2. Pour the apple juice, cinnamon, and nutmeg over the apple slices.
- 3. Place in a deep casserole dish and cover with a napkin.
- 4. Microwave for 2-3 minutes or until tender.
- 5. Let sit for 2 minutes before serving.



SMART GOAL WEEK 6

REFLECT AND CELEBRATE

How did you do with your Week 5 Step?		Reflection Healthy Lifestyle
Take Control SMART GOAL (the goal you set Week 1) Choose one or develop one of your own: By the end of the program I will increase my fruit and vegetable intake to times for I will be active for minutes for days a week. I will increase the cups of water I drink to cups/day. I will:	days a week.	Tracking Taking Action
What is my motivation? Why will I do this?		
PLAN AND TAKE ACTION My SMART Step for Week 6 to work towards my goal:		
What are some obstacles to achieving my Week 6 step?		
What are some solutions to overcoming the obstacles?		
Who can support me?		
What did I learn today?		
TRACK Check off days that I achieved my Week 6 step: ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday	y □ Saturda	ay 🗆 Sunday

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