

Session 6. Reducing YOUR Added Sugar

NATURAL SUGAR



- Sugar is part of fruit
- Contains other healthful benefits
- 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

6 teaspoons
for
WOMEN

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%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
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 bran, sugar, psyllium seed husk, oat fiber, high fructose corn syrup, salt, baking soda, caramel color, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), folic acid, thiamin hydrochloride (vitamin B₁), vitamin A palmitate, vitamin B₁₂, 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

Re-think your drink to reduce your intake of added sugar.



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.



REFLECT AND CELEBRATE

How did you do with your Week 5 Step?

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 _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

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 ☐ Saturday ☐ Sunday

