



CSF9

COOKING SKILLS & FOOD

Added Sugar Is Not So Sweet

Time: 70 Minutes

Life is sweet with easy sugar swaps! Not all desserts are bad – learn the difference between naturally occurring sugar and added sugar and how to swap in healthier alternatives when cooking and baking.

OBJECTIVES:

Describe the difference between naturally occurring sugar and added sugar.

Explain how to find added sugar in an ingredient list and its common names.

List two healthier sugar swaps to use when making a dessert.

SETUP

- Review resource list and print it. Purchase all necessary supplies.
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Demonstrate content. *10 Minutes*

ACTIVITY

- Participants will practice making a healthy and delicious dessert using easy sugar swaps. *20 Minutes*

RECAP

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

Added Sugar Is Not So Sweet Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org/healthyforgood.

- ☐ [Banana Split Berry Yogurt Parfait](#) and [video](#)
- ☐ [Cut Out Added Sugars](#) infographic
- ☐ Side-by-Side Comparison: Original and New Nutrition Facts Labels handout
- ☐ Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- ☐ Chairs and tables for participants
- ☐ Demo table
- ☐ Pens for participants
- ☐ Folders
- ☐ Computer, internet access and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- ☐ 12 ounces fat-free pineapple yogurt
- ☐ 1 cup sliced strawberries or mixed berries
- ☐ 1 large banana (about 1 cup sliced)
- ☐ ¼ cup low-fat granola
- ☐ 1 tablespoon unsweetened cocoa powder
- ☐ 1 tablespoon confectioners' sugar
- ☐ 2 teaspoons hot water
- ☐ Electric kettle, microwave, or electric burner (with pot and lid)***
- ☐ Chef's knife
- ☐ Measuring spoons/cups
- ☐ Spoon (for stirring)
- ☐ Cups (for serving)
- ☐ Spoons (for serving)

**Recipe serves 4 people; please multiply ingredients as necessary for your participants.*

***Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.*

****Choose one of the preparation methods: electric kettle, microwave, or electric burner (with pot and lid) to boil the water.*

Added Sugar Is Not So Sweet Demo Script

 **SAY:** Let's face it—a lot of us were born with a sweet tooth. The sweet taste of sugary treats is adored by many and can be difficult to resist. So, try using healthier swaps to get the sweet taste you love without the added sugars, which result in empty calories!

 **First, it's important to know the difference between naturally occurring sugars and added sugars.**

 Naturally occurring sugars are found naturally in foods such as fruit (fructose) and in beverages such as milk (lactose).

 Added sugars are sugars added to foods and beverages when they're processed or prepared. Added sugars can be sneaky and are found in various forms.

 For example, added sugars can be found in items like flavored milk, sweetened juice, energy bars, sweetened yogurt, jellies, jams, frozen yogurt, cookies, and cake. Some names for added sugars include: corn sweetener, corn syrup, fruit juice concentrates, high-fructose corn syrup, or honey.

 To make it easier for all of us to figure out if there are added sugars in our favorite foods and beverages, some products are now using the updated Nutrition Facts label that provides added sugars information. If the product has an updated label, you can find the Added Sugars listed under Total Sugars.

Hold up the Side-by-Side Comparison handout and point to the Added Sugars line on the updated Nutrition Facts label.

 **SAY:** The American Heart Association recommends a daily limit of 6 teaspoons/25 grams (or less) of added sugar for women and 9 teaspoons/36 grams (or less) of added sugar for men.

 Now that we can spot the sneaky added sugars, let's discuss some ways we can avoid them!

 Smart substitutions can help you maintain an overall healthy eating pattern, even when dining out.

 **SAY:** **Here are some tips for easy sugar swaps in everyday meals:**

1. Check the Nutrition Facts labels and read the list of ingredients.
2. Limit sweets and sugary beverages.
3. Choose simple foods over heavily processed ones.
4. Rinse canned fruits if they are canned in syrup.
5. Make healthier substitutions for the foods and beverages that you're consuming that contain added sugars.

 **Baking and Cooking:**

Substitute unsweetened applesauce for some of the sugar in a recipe.

 **Dressings and Sauces:**

Swap store-bought bottled salad dressing, ketchup, tomato sauce, spaghetti sauce, and barbeque sauce for homemade versions so that you can control the amount of sugar added to them.

 **Sodas and Soft Drinks:**

Replace sugar-sweetened beverages with plain or sparkling water flavored with mint, citrus, cucumber, or a splash of 100% fruit juice.

 **Desserts and Sweets:**

Fresh, frozen, and canned (in their own juice or water) fruits are all good dessert choices. The fruit can be baked, grilled, stewed, or poached.

 **Snack Mixes and Granolas:**

Make your own snack mix without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats, and whole-grain cereal (unsugared/unfrosted) – and skip adding any candy!

Continued on next page

Added Sugar Is Not So Sweet Demo Script (continued)



SAY: Here are some additional tips to help make easy and smart healthy swaps when following recipes:



- Instead of 1 cup heavy cream, use 1 cup evaporated skim milk or ½ cup low-fat plain yogurt and ½ cup no-salt-added low-fat plain cottage cheese.



- Instead of 1 tablespoon butter, use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 2¼ teaspoons liquid canola or corn oil.



- Instead of ice cream bars, enjoy frozen fruit bars (made with 100% fruit juice).



- Instead of a doughnut, enjoy a whole-wheat thin bagel or slice of whole-wheat toast.



- Instead of a hot fudge sundae, try fat-free, sugar-free frozen yogurt, sorbet or fruit ice.



SAY: Healthy eating doesn't mean giving up all the foods you love. By making healthier swaps for certain ingredients and by being more aware of added sugars, you're on your way to living a healthy and delicious lifestyle!

Added Sugar Is Not So Sweet Activity Script

Divide participants into teams to practice making an easy and delicious dessert.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY: Today, we are going to make a delicious banana split yogurt parfait recipe. This recipe is a healthier and tasty substitute for sugary desserts you crave, like ice cream.

Once everyone is done making the dish, divide it into cups and share with your team.

Banana Split Berry Yogurt Parfait



Per serving:
157 calories
0 g saturated fat
75 mg sodium

Makes 4 servings

This simple but indulgent-tasting banana split recipe might become your new favorite dessert.

INGREDIENTS

- ❑ 12 ounces fat-free pineapple yogurt
- ❑ 1 cup sliced strawberries or mixed berries (thawed if frozen)
- ❑ 1 large banana (about 1 cup sliced)
- ❑ 1/4 cup low-fat granola
- ❑ 1 tablespoon unsweetened cocoa powder
- ❑ 1 tablespoon confectioners' sugar
- ❑ 2 teaspoons hot water

DIRECTIONS

1. To assemble parfaits, in each of four small bowls, layer as follows: about 1/3 cup yogurt, 1/4 cup sliced strawberries, and 1/4 cup sliced bananas. Sprinkle 1 tablespoon granola over each parfait.
2. In a small cup, stir together the cocoa powder, confectioners' sugar, and hot water until smooth. Drizzle 1 teaspoon over each parfait.



TIP:

Remember to check the ingredient list on the yogurt package and watch out for those secret added sugar names since "Added Sugars" may not be included on the Nutrition Facts Label!

<https://recipes.heart.org/recipes/1135/banana-split-berry-yogurt-parfaits>

Recipe copyright ©2016 American Heart Association

CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much may make you sick and may even shorten your life.

THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

WOMEN

6
TEASPOONS

25
GRAMS

100
CALORIES

OR LESS

MEN

9
TEASPOONS

36
GRAMS

150
CALORIES

OR LESS



WHERE DO ADDED SUGARS COME FROM?



DECEPTIVE DRINKS

Flavored Milk
Sports & Energy Drinks
Sugary Soda & Tea
Sweetened Juice



UNBALANCED BREAKFASTS

Breakfast & Energy Bars
Granola
Sugary Hot & Cold Cereals
Sweetened Yogurt



SWEET, SWEET SYRUPS

Coffee Flavors
Drink Mixers
Jellies & Jams
Pancake Syrup



ICE-COLD CANDY

Ice Cream & Gelato
Frozen Yogurt
Fruit-Flavored Popsicles
Sherbet & Sorbet



BEWITCHING BAKED GOODS

Bread & Pastries
Cakes, Cookies & Pies
Donuts
Flavored Bagels

HOW TO AVOID THEM:

Check nutrition facts label and ingredients

Choose simple foods over heavily processed ones

Limit sweets and sugary drinks

Rinse canned fruits if they are canned in syrup

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

Side-by-Side Comparison: Original and New Nutrition Facts Labels

Note: These images are meant to illustrate how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products.

ORIGINAL LABEL

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230 Calories from Fat 72		
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	12%
Dietary Fiber	4g	16%
Sugars	1g	
Protein	3g	
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

When the above hypothetical Nutrition Facts label was developed in 2014, Added Sugars were not yet included, so it only shows 1g of Sugars as an example.

NEW LABEL

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
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	8mg 45%
Potassium	235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

The image created for the “new” label lists 12g Total Sugars and 10g Added Sugars to give an example of how Added Sugars would be broken out with a % Daily Value.

Source: FDA 2016

www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/UCM501646.pdf

Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
