Added Sugar Is Not So Sweet
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

- Introduction
- Added Sugar
- Healthy Sugar Substitution Tips
- Banana Split Yogurt Parfait
- Goal Setting
Learning Objectives

• Describe the difference between naturally occurring sugar and added sugar.
• Explain how to find added sugar in an ingredient list and identify two of its common names.
• List two healthier sugar swaps to use when making a dessert.
Ice Breaker
Sugar 101

• Empty calories with no nutritional value
• Weight gain
• Cause cavities
• Try healthier swaps with sweet taste but without added sugar
Natural Versus Added Sugars

Natural Sugars
• Found naturally in foods
  • Fruit (fructose)
  • Milk (lactose)

Added Sugars
• Added to foods when processed or prepared
  • Sneaky names
  • Various forms
Added Sugars

Found in drinks
• Flavored milk
• Sweetened juice
• Coffee
• Tea
• Soda

Found in food
• Energy bars
• Sweetened and frozen yogurt
• Jellies and jams
• Cookies and cakes
Added Sugars

Names for Added Sugars:
• Agave nectar
• Corn sweetener
• Corn syrup
• Dextrose
• Evaporated cane juice
• Fructose
• Fruit juice concentrate
• Glucose
• Honey
• Sucrose
EAT SMART
WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices. Use it! Here’s what to look for:

Start with serving information.
This will tell you the size of a single serving and how many servings are in the package.

Check total calories.
Do the math to know how many calories you’re really getting if you eat the whole package.

Limit certain nutrients.
Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fats.

Get enough beneficial nutrients.
Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.
• The % Daily Value (%DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
• To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
• To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood

Total Sugars 12g
Includes 10g Added Sugars 20%
AHA Sugar Recommendations

Daily Limit: aim to stay below this amount each day

Women:
• 100 calories
• 6 teaspoons
• 25 grams

Men:
• 150 calories
• 9 teaspoons
• 36 grams
Smart Substitutions

• Check the nutrition label
• Read ingredient list
• Limit sweets and sugary drinks
• Rinse fruits if canned in syrup
• Substitute sugary drinks and foods that have added sugars
Smart Substitutions

Baking and Cooking:
  • Unsweetened applesauce

Dressings and Sauces:
  Make your own:
  • Salad dressing
  • Ketchup
  • Tomato or spaghetti sauce
  • Barbeque sauce
Smart Substitutions

Sugary Drinks:
• Plain or sparkling water
• Add flavor with mint, citrus, cucumber, or splash of 100% fruit juice

Desserts and Sweets:
• Fresh, frozen, and canned (in water) fruits
• Baked, grilled, stewed, or poached fruits
• Brings out natural sweetness
Smart Substitutions

Snack Mixes and Granolas:
Make your own and combine:
• Nuts and seeds (unsalted)
• Raisins and dried fruits (unsweetened)
• Rolled oats and whole-grain cereal (unfrosted/no added sugar)
• Do not add candy
Making Healthy Swaps Happy

• You do not have to give up the food you love
• Keep to healthy swaps and awareness of added sugars
• Live a healthy delicious lifestyle!
Banana Split Berry Yogurt Parfait
BANANA SPLIT BERRY YOGURT PARFAIT
Banana Split Berry Yogurt Parfait

Makes 4 servings: 1 parfait per serving
Per serving: 157 Calories; 0 g Saturated Fat; 75 mg Sodium

Ingredients
- 12 ounces fat-free pineapple yogurt
- 1 cup sliced strawberries OR mixed berries (thawed if frozen)
- ⅛ cup low-fat granola
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners’ sugar
- 2 teaspoons hot water

Tools Needed
- Measuring cups & spoons
- Spoon and fork
- Knife
- Cutting board
- Small cup
- 2 Small glasses or cups

Directions
1. Using your knife and cutting board, slice the banana and strawberries.
2. Begin your parfait by layering ⅓ cup of yogurt into each glass.
3. Add ¼ cup of berries and ¼ cup of sliced bananas on top of the yogurt in each glass.
4. In a small cup, use a fork to whisk together 1 tablespoon cocoa powder, 1 tablespoon confectioners’ sugar and 2 teaspoons hot water until smooth.
5. Sprinkle 1 tablespoon of granola and drizzle 1 teaspoon of chocolate mixture over each parfait.

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CUT OUT
ADDED SUGARS

Added sugars are sugars added to foods and beverages when they’re processed or prepared. Consuming too much can hurt your health and even shorten your life.

The American Heart Association recommended daily limit for added sugars:

**WOMEN & KIDS**

6 TEASPOONS

25 GRAMS

100 CALORIES OR LESS

**MEN**

9 TEASPOONS

36 GRAMS

150 CALORIES OR LESS

Where to watch for added sugars:

- **SUGARY DRINKS**
  - Flavored Milk
  - Sports & Energy Drinks
  - Soda & Soft Drinks
  - Coffee & Tea
  - Juice & Fruit Drinks

- **SWEETENED BREAKFASTS**
  - Breakfast Cereals
  - Granola & Muesli
  - Hot & Cold Cereals
  - Yogurt
  - Smoothies

- **SYRUPS AND SWEETS**
  - Syrups
  - Honey & Molasses
  - Jelly & Jam & Spread
  - Drink Mixes
  - Candy

- **FROZEN TREATS**
  - Ice Cream & Gelato
  - Frozen Yogurt
  - Popsicles
  - Sherbert & Sorbet
  - Frozen Desserts

- **SWEET BAKED GOODS**
  - Sweet Rolls & Bread
  - Cakes, Cookies & Pastries
  - Donuts & Pastries
  - Snack Foods
  - Desserts

How to avoid them:

- Choose fresh fruits and vegetables.
  - Read labels and ingredient lists.

- Choose whole grains.
  - Make simple desserts with less sugar.

**SweetLeaf**

A national supporter of the American Heart Association’s Healthy for Good Movement.
SMART

What are your SMART goals?

Specific, Measurable, Attainable, Relevant, Time-Based
SMART Goal Example

Goal:
I will eat less sugary foods.

SMART Goal:
I will check nutrition labels for added sugars.
Questions?
Thank You!