

## Ideas for using How Much Sugar?

1. Have children compare the amount of sugar in sugar coated cereal (3½ tsp.) with the one teaspoon they may add to unsweetened cereal. Note that children may eat MORE of the sweetened cereals, possibly promoting weight gain.
2. Demonstrate how much food would provide about 13 teaspoons of sugar a day (10% of 2000 calorie food plan), a sensible amount. For example: 12 oz. can of cola plus one brownie = 14¼ tsp.
3. Discuss whether soda pop or even juice should be used to quench thirst.
4. Have adults or students measure how much syrup they usually put on their pancakes or waffles. Calculate the amount of sugar in that amount.
5. Activity for parents: Offer your child a sweetened cereal for breakfast or bedtime snack. Observe how many bowls he'll eat. On another day, offer your child unsweetened cereal with no sugar added or only 1 teaspoon added. Observe the number of bowls he'll eat.
6. Encourage individuals to plan ahead as to what sweets they may want to eat. The goal is to decrease sweets, not omit them totally.

**Keep sugar in perspective.**

**Know your health situation.**

**Don't prohibit**

**sweets totally; eat them sensibly!**

## Food Values of Foods Displayed in Test Tubes

4 Grams = 1 teaspoon

Food	Teaspoons of Sugar	Calories
12 oz. soda pop*	10¾	161*
1/2 cup Jello	4¾	80
2 inch square Brownie, unfrosted (1 oz.)**	3½	162
3 inch Chocolate Chip Cookie (1 oz.)**	3	147
2 tablespoons Pancake Syrup (average of pancake syrups and Karo Syrup)	4¾	110
1.55 oz. Hershey Candy Bar	5½	230
1 Pop Tart (1.8 oz.)	4¼	204
1/8 of a nine inch Apple Pie**	5½	350
1 cup Vanilla Ice Cream	6	285
1 cup Froot Loops or 1 cup Lucky Charms (1 oz.)	3½	120

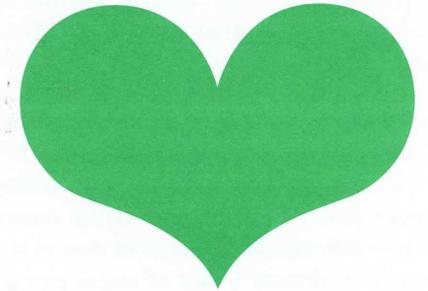
\* An average of 10 major brands.

\*\* An average of purchased and homemade products.

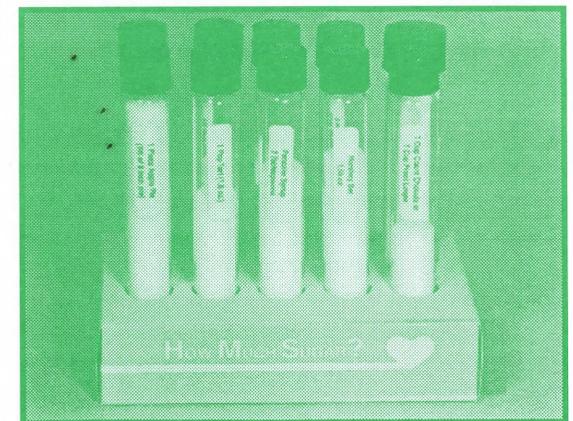
#### Sources:

1. Food Values, 17th edition, 1998
2. Information on Food Packages, September 2003
3. WHO/FAO Report, 2003
4. USDA "Food Consumption" Report, 1997
5. Nutrition Action, Decembr 2002

# How Much Sugar?



## Heart Health Teaching Aids



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# Sugar

- Sugar is the most popular food additive in the U.S. It's obviously found in cakes, cookies, candy and other sweets. Check, also, the list of ingredients on processed foods — ketchup, crackers, bread, soups, cereals, peanut butter, cured meats and salad dressings. Most will contain sugar.
- Two hundred years ago the average American ate only 2 pounds of sugar a year. In 1970, we ate 123 pounds of sugar per year. **Today the average man, woman and child consumes 156 pounds of added sugar in one year. This is equal to almost 1 cup of sugar per day.**
- Sugars and many of the foods that contain sugar in large amounts supply calories but are limited in nutrients. If an individual eats too many high sugar foods the person may not be getting enough of the vitamins, minerals and fiber needed.
- The World Health Organization (WHO) and the USDA **recommend we consume no more than 10% of our calories in added sugar.** For a person eating 2000 calories a day the goal would be to consume only 200 calories in added sugar or 13.3 teaspoons of sugar per day. The present average is 44 teaspoons per day.
- One teaspoon of white sugar has 15 calories and 1 tsp. of corn syrup has 20 calories.
- Soft drinks contribute more sugar to the average American diet than any other food. One can of pop contains almost 11 teaspoons of sugar. The average daily intake of pop is 20 ounces which has 18 teaspoons of sugar.



## Other Names for Sugar

Sugar comes in many different forms and with a variety of names. All of the following sweeteners will provide the body with energy (calories) and all have little or no additional nutritional value, hence the term "empty calories."

SUGAR	<i>Dextrose</i>
SORGHUM SYRUP	MALTOSE
<i>Fructose</i>	CORN SWEETENER
GLUCOSE	Corn Syrup
SUCROSE	FRUIT JUICE CONCENTRATE
<i>Honey</i> Syrup	Sorbitol
HIGH-FRUCTOSE CORN SYRUP	BROWN SUGAR
MOLASSES	Lactose

Sorbitol, mannitol and xylitol are alcohols of sugar. They are "sugar-free" only to the teeth and do contain calories.



## Reasons to Eat Less Sugar

- **Tooth Decay:** The most ubiquitous health problem is tooth decay. Studies show that the amount of tooth decay is related to the frequency of sugar consumption. Sticky and dry foods (e.g. cookies) that stick on and between the teeth are the biggest problem. Therefore, it is important that children and adults brush after meals and snacks. If this is not possible, eat fewer sweet snacks and rinse the mouth well with water after eating snacks.



### ➤ High Triglycerides:

In certain individuals sugar may promote hypertriglyceridemia. Restricting sugar and sweets is part of the treatment if triglycerides are high, along with weight control, increased physical activity, alcohol restriction, and fat and cholesterol restriction.

### ➤ Diabetes:

New research has proven that sugar does not raise blood sugar any more than other carbohydrates. Hence a person with diabetes may eat sugar, but it must be *exchanged* for an equal amount of carbohydrate in the meal plan.

### ➤ Hypoglycemia:

A sugar restricted diet is part of the food plan for the treatment of hypoglycemia. Although sugar technically does not cause the problem, the disturbing symptoms of hypoglycemia can often be avoided by not eating sugar.

### ➤ Overweight:

Eating more calories than the body can use will add body fat and weight. Foods containing sugar are often very tempting so a person may overeat.

### ➤ Sweets Displace Nutrient-Dense, Fiber-Rich Foods:

A two ounce chocolate bar has about the same calories as three medium bananas that weigh a pound. The bananas are low in fat, high in vitamins and minerals and are fiber-rich. The candy can only claim to be high in calories and high in fat!