



How Sweet It Is...

Why is it okay for my child to eat fruit that has sugar in it, but not a candy bar?

-When you eat a candy bar, it contains little else but calories. It is what we call full of empty calories, with no nutrients.

-Fruit has naturally occurring sugar as well as many other important, healthy nutrients. Fruit has calories other than those from sugar, so it will keep you satisfied longer.



The American Heart Association recently released a statement suggesting we cut back on sugar. Why?

- A High Intake of added sugar can lead to:
 - Obesity
 - High Blood Pressure
 - Other risk factors for Heart Disease and Stroke

Foods high in added sugars tend to be high in empty calories and low in nutrients.

Are you eating too much?

- A recent study found that the average American eats 355 calories, or 22 teaspoons of sugar per day!

How Much Should You Eat Daily?

- Women: 100 calories, or 6 teaspoons daily
- Men: 150 calories, or 9 teaspoons daily

Source: American Heart Association

October 2009

You may have recently heard a lot about the topic of sugar in the media. The Clinton County Health Department and your school cafeteria are here to offer you more information!



Where is the sugar?

Added Sugars in Your Foods

- Corn Sweetener
- Corn Syrup
- High-Fructose Corn Syrup
- Dextrose
- Fructose
- Glucose
- Lactose
- Maltose
- Sucrose
- Honey
- Sugar
- Brown Sugar
- Invert Sugar
- Molasses
- Malt Syrup

SUGAR IN BEVERAGES

| | |
|-----------------------|----------------|
| Cola | 16.5 Teaspoons |
| Lemon-Lime | 16 Teaspoons |
| 100% Apple Juice | 13 Teaspoons |
| Sports Drink (20 oz.) | 8.5 Teaspoons |
| Water | 0 |



Soft Drinks Pour on the Pounds!

-Soft Drinks are the # 1 source of added sugar in the diet of Americans.

-You may add 2 Teaspoons of sugar to your coffee in the morning, the bottle of soda your child is drinking can contain up to 8 times that much sugar!! (See Box to Left)

-Replacing soft drinks with water and seltzer leaves more room in a child's daily sugar allowance for whole fruits and vegetables.