

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

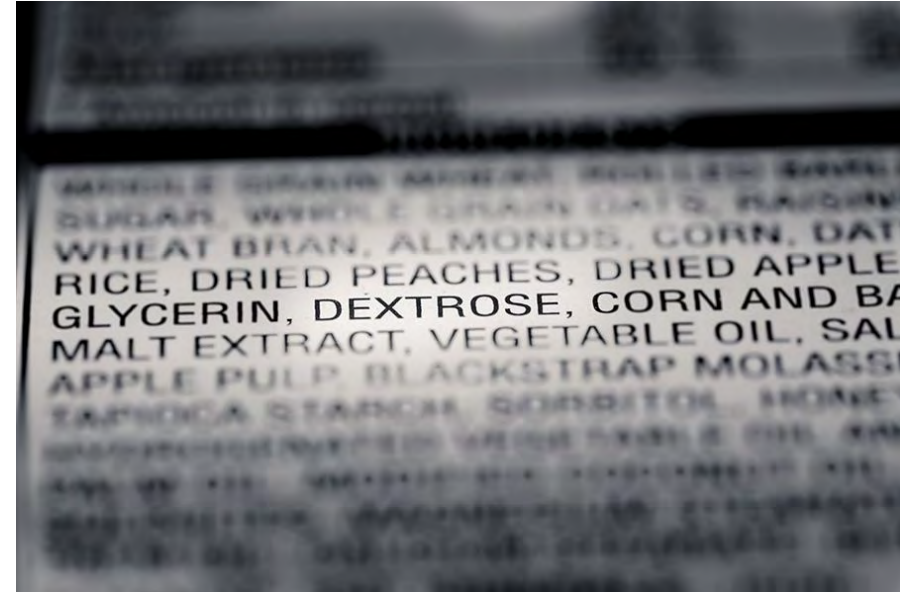
- Energy bars
- Sweetened and frozen yogurt
- Jellies and jams
- Cookies and cakes



Added Sugars

Names for Added Sugars:

- Agave nectar
- Corn sweetener
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- Honey
- Sucrose



American
Heart
Association®

EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Use it! Here's what to look for:

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 2g	
<hr/>	
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.	

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 fat.

Get enough of 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).

Total Sugars 12g	
Includes 10g Added Sugars	20%

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

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; 0.0 g Saturated Fat; 75 mg Sodium

Ingredients



12 ounces fat-free pineapple yogurt



1 cup sliced strawberries OR mixed berries (thawed if frozen)



1 large banana



1/4 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 1/3 cup of yogurt into each glass.

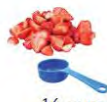


1/3 cup



3

Add 1/4 cup of berries and 1/4 cup of sliced bananas on top of the yogurt in each glass.



1/4 cup



1/4 cup



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.



1 tablespoon



1 tablespoon



2 teaspoons



5

Sprinkle 1 tablespoon of granola and drizzle 1 teaspoon of chocolate mixture over each parfait.



1 tablespoon



1 teaspoon



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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 & Energy Bars
Granola & Muesli
Hot & Cold Cereals
Yogurts
Smoothies



**SYRUPS AND
SWEETS**

Syrups
Honey & Molasses
Jelly, Jam & Spreads
Drink Mixes
Candy



**FROZEN
TREATS**

Ice Cream & Gelato
Frozen Yogurt
Popsicles
Sherbet & Sorbet
Frozen Desserts



**SWEET
BAKED GOODS**

Sweet Rolls & Breads
Cakes, Cookies & Pies
Donuts & Pastries
Snack Foods
Desserts

How to avoid them:

Always check nutrition facts label & ingredients.

Replace candy & desserts with naturally sweet fruit.

Limit sugary drinks & foods.

Make items at home with less added sugars.



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

LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

*ages 2+ (children under 2 should not consume any added sugars)

SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

