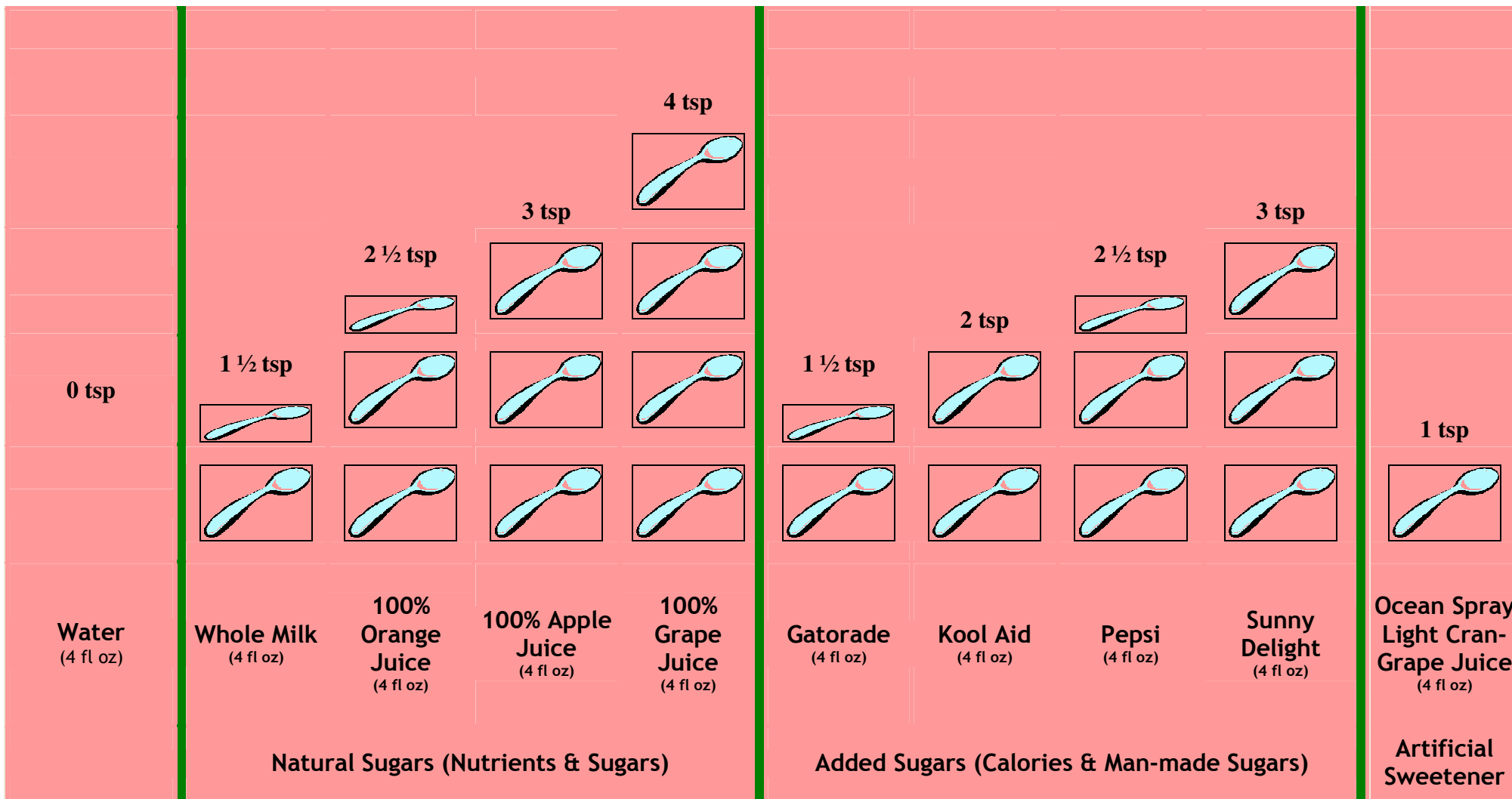


How Many Teaspoons of Sugar is Your Child Drinking?



Here are some examples to help figure out amounts in a drink.



4 fl oz



6 fl oz sippy cup



12 fl oz can



16 fl oz

How Many Teaspoons of Sugar is Your Child Drinking?

◆ Natural sugars: (Nutrients + Sugars)



- Some sugar is necessary to keep your body and brain working
- These natural sugars are in the company of some very **good nutrients** like vitamins, and minerals

Dictionary:

Fructose is another word for sugar in fruit

Lactose is another word for sugar in milk products



◆ Added sugars: (Calories + Man-made Sugars)

- The sugar in sweet treats and junk food snacks
- These sugars add “empty calories” (**no nutritional value**) to your diet.
- Choose beverages that say “no added sugar” or “unsweetened” in order to cut down on “*empty calories*”
- In Soda Pop, Gatorade, Kool Aid, and Sunny Delight
- Words on food labels to watch for and **AVOID**: sugar, honey, molasses, high fructose corn syrup, dextrose, glucose, and sucrose



◆ Artificial sweeteners: (No nutrients + Chemicals)



- Chemicals that offer the sweetness of sugar without added calories. These should be avoided.
- Sweeteners such as Splenda and Sweet’N Low used in Diet Sodas
- It might be confusing that you are supposed to avoid these sugars even though they have lower or zero calories, but keep in mind that they lack good nutrients (as opposed to the natural sugars) and a toddler’s belly can only hold so much. If your toddlers belly is full of drinks with no nutrients, there may not be room for the nutrients necessary to grow and develop, both body and mind.

◆ IMPORTANT TIPS!



Watch beverage sizes and the sugar per serving on food labels. Many beverages may look like one serving but there are usually several servings in one container



Remember that drinks must be 100% fruit juice to be considered fruit juice. If they are less than that, they are just flavored sugar water. Even drinks such as Sunny Delight that contain added nutrients (Vitamin C, Calcium).



Looking to reduce your sugar intake? Why not try water! Water helps us to regulate body temperature, protect our organs, keep our joints healthy, and best of all – it has **NO sugar and NO calories!**

◆ To Think About...



One can of Soda Pop is 12 oz. If a person drinks 2 cans of Soda Pop (24 oz) every day for a year, it would add up to a weight gain of more than **30 pounds** in one year!