

## Sugar Smarts



The average American consumes 22 teaspoons of added sugar a day! Eating too many foods with added sugars may fill you up before you have a chance to eat the healthier foods full of nutrients that the body needs daily. Increased sugar consumption can lead to type II diabetes, weight gain, tooth decay and a weakened immune system.

### The major source of added sugars in the American diet comes from:



- Soda, energy and sports drinks (36%)
- Grain based desserts (13%)
- Sugar sweetened fruit drinks (10%),
- Dairy based desserts (6%)
- Candy (6%)



The body uses sugar from processed foods and natural foods the same way. It is the additional nutrients found in foods with natural sugars that make the difference. Fruits and vegetables have fiber, which helps to regulate blood sugar levels and makes you feel full. They often have higher levels of vitamins, minerals and antioxidants.

### Tips for Reducing Sugar Intake

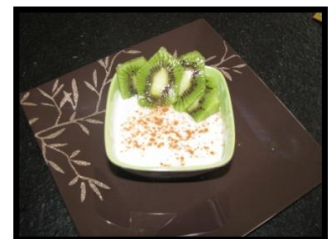
- Reduce dessert portion sizes
- Substitute fresh fruit for sugar on oatmeal, cereals and pancakes
- Substitute unsweetened applesauce for sugar in recipes (equal amounts)
- Cut back on syrups and other sweeteners
- Read nutrition labels when picking between two products
- Save treats for special occasions



Choosing foods with sugars that occur naturally is the best option when satisfying a sweet tooth because of the additional nutrients. Your children are watching you, so be a good role model!

### Yogurt Dip for Fruits and Vegetables

- 32oz container plain, low-fat yogurt
- ¼ cup honey
- Optional: freshly squeezed orange or lemon juice, cinnamon



Stir ingredients together and serve with your favorite fruits and or veggies.