WOW! Look at this…!

Ever wonder just HOW MUCH sugar is in your favorite drink? Or HOW MUCH TIME it would take you to burn off those calories from that sugar doing your favorite physical activity?

Take a look at the chart labeled “Sugar Content of Popular Drinks” and find your favorite drink. Notice how much sugar is in it.

Then, look at the chart labeled “Minutes of Activity it takes to Burn these Drinks.” This chart shows you how much physical activity you need to do to burn off that drink.

Are you having a hard time thinking about how much sugar we are talking about? Take a look at the tube labeled “Recommended Daily Sugar Limit.” This tube holds 6 teaspoons of sugar, or 30 grams. The American Heart Association recommends that you limit your sugar intake to no more than these 6 teaspoons per day. When you think about all of the foods that you eat during the day, it can be hard to identify those that have sugar in them (and not all of them taste sweet). A good way to see how much sugar a food item has is to take a look at the food label. Do you see where it says “sugar” on the nutrition facts panel? This is telling you how many grams of sugar is in this food (remember we don’t want to eat more than 30 grams a DAY). What to know how many teaspoons this is? Take the grams of sugar you see on the label, and divide that number by 5 (there are 5 grams in one teaspoon). For instance, the food label above shows that there are 13 grams of sugar in this food. Now take 13 and divide it by 5. This gives you 2.6, which means that there are 2.6 teaspoons of sugar in this food.

Teaspoons of Sugar = grams of sugar ÷ 5

Example: 13 grams of sugar ÷ 5 = 2.6 teaspoons of sugar
Do you ever read ingredients on labels? It is not always easy to find the ingredients that contain sugar. Below is a list (yes, a long list) of different types of sugar:

Beet Sugar  Ethyl Maltol  Maltose
Brown Sugar  Fructose  Malt Syrup
Cane Juice  Fruit Juice  Maple Syrup
Caramel  Galactose  Molasses
Corn Syrup  Glucose  Raw Sugar
Confectioner's Sugar  High Fructose Corn Syrup  Rice Syrup
Carob  Honey  Sorbitol
Date Sugar  Invert Sugar  Sorghum Syrup
Dextran  Lactose  Sucrose
Dextrose  Maltodextrin  Turbinado Sugar

Now let’s look at an ingredient list. Do you see any of these types of sugar in the list? Highlight or circle them as you find them.

KEEBLER® MINI FUDGE STRIPES™ INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND PALM KERNEL OIL), WITH TBHQ FOR FRESHNESS, HYDROGENATED AND/OR PARTIALLY HYDROGENATED PALM KERNEL, PALM AND/OR COCONUT OIL, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI, WHEY, CONTAINS TWO PERCENT OR LESS OF LEVAINING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, MOLASSES, SOY LEICHTIN, POLYSORBATE 60, SORBITAN MONOSTEARATE, NATURAL AND ARTIFICIAL FLAVOR. CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

KEEBLER® MINI CHIPS DELUXE® ORIGINAL INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LEICHTIN, SALT, VANILLA EXTRACT), SOYBEAN AND PALM OIL, SUGAR, CONTAINS TWO PERCENT OR LESS OF HIGH FRUCTOSE CORN SYRUP, MOLASSES, CORN SYRUP, SALT, EGGS, BAKING SODA, ARTIFICIAL FLAVOR, WHEY. CONTAINS WHEAT, SOY. EGG AND MILK INGREDIENTS. MAY CONTAIN PEANUTS AND TREE NUTS.

Now that we have talked about how much sugar you should have per day, brainstorm with your classmates and teacher about some ways you can limit the amount of sugar you can eat.

Remember, sugar is not just in juices and drinks. It is found in all sorts of foods. Take a few minutes each day to look at food labels. Eating less sugar is one way that you can be healthy!