

Food \$ense

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UW
Extension
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FOOD
WISE
Healthy choices, healthy lives.



Added Sugar Shocker!

When sugars are added to foods to sweeten them, they add calories without contributing essential nutrients.

Consuming added sugars can make it difficult for people to meet their nutrient needs while staying within calorie limits. Experts recommend limiting added sugars to less than 10 percent of calories per day. For a 2,000 calorie eating pattern, this would be about 50 grams of sugar – about the amount found in a 16 ounce soda or 1/3 cup of candy-coated chocolate pieces such as M&Ms®.



To build a healthy eating style and stay within your calorie needs, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are

processed or prepared. This does not include natural sugars found in milk and fruits.

To limit your intake of added sugars:

- Drink water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages.
- Choose fruit as a naturally sweet dessert or sweet snack.
- Make sweet desserts and snacks, such as cookies, cakes, pies, and ice cream, a once-in-a-while treat or have a smaller portion.
- Choose packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup.

Sources: *U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015 and www.ChooseMyPlate.gov*

Grilled Cheese and Fruit Sandwich

Fruit and raisins add sweetness and texture to this dish.

- 8 slices cinnamon raisin or whole wheat bread
- 2 tablespoons soft margarine spread*
- 4 slices American cheese
- 2 small apples or pears (thinly sliced)



1. Spread one side of each bread slice lightly with margarine.
2. Place four slices of bread on a griddle or skillet (margarine side down). Top each with one cheese slice.
3. Arrange fruit slices over the cheese. Top with remaining bread slices (margarine side up).
4. Place griddle or skillet over medium heat. Cook 2–3 minutes. Turn and cook 2–3 minutes more or until bread is golden and cheese is melted.

*Low-fat margarine or butter with no trans fat

Source: *Iowa State University Extension*

Identifying Added Sugars

When shopping at the grocery store, look for the Nutrition Facts Label on packaged foods to help identify added sugars. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars.

If you are concerned about your intake, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: **corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and maple syrup.**



Be on the lookout for a newly revised Nutrition Facts label. The FDA is proposing that the label have a new line, indented under "Sugars," listing only sugars that are added during the production process—appearing as "Added Sugars." This change would make it easier to identify added sugars in foods and beverages.

Source: *ChooseMyPlate.gov & United States Food & Drug Administration*

MyPlate Tip

Make better
beverage
choices.



Add Water to Your Routine

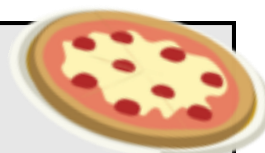
Sugary drinks are everywhere! Unfortunately, they add excess sugar and calories that our bodies typically do not need. It is important to drink water because every cell in your body needs it to function! Try these tips to add more water into your day and limit sugary drinks.

- Start the day with a glass of water.
- Add fruit or vegetables (such as lemon or cucumber) to your water for some flavor.
- Keep it cold. Add ice to your glass or keep a pitcher of cold water in the refrigerator for easy access.
- If thirsty, go for water first.
- Have a designated glass or bottle for water at work, school or home.

Sources: *ChooseMyPlate.gov & University of Florida*

Anytime Pizza

Top with your favorite veggies! Great for a snack or quick meal!



1/4 mini baguette or Italian bread, split lengthwise, or 2 split English muffins
1/2 cup pizza sauce
1/2 cup low-fat shredded mozzarella or cheddar cheese
1/4 cup green pepper, chopped
1/4 cup mushrooms, fresh or canned, sliced
Vegetable toppings (as desired, optional)
Italian seasoning (optional)

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees). Heat until cheese melts.

Source: *What's Cooking? USDA Mixing Bowl*

Added Sugar Shakedown

Added sugars are sugars and syrups that are added to foods and drinks when they are processed or prepared. This does not include natural sugars found in milk and fruit. Besides helping control calories, eating patterns lower in added sugars are associated with reduced risk of heart disease, obesity, type 2 diabetes, and some types of cancer in adults. There also seems to be a relationship between added sugars and cavities in children and adults.

Reducing added sugar intake starts at the grocery store. You can cut down on added sugar by:



- Reading labels to choose packaged foods that have less or no added sugar. See the Identifying Added Sugars article on page 2 for a list of names for added sweeteners.
- Drinking water, unsweetened tea or coffee, or other calorie free beverages.
- Choosing beverages, such as low-fat or fat-free milk and 100% fruit juice, to meet food group recommendations.
- Choosing fruit as a naturally sweet dessert or snack.
- Making sweets a once-in-a-while treat and choosing a smaller portion when you do enjoy them.

You can also cut down on sugar at home in your cooking and baking. Reduce the amount of sugar in recipes by one-third to one-half. When you use less sugar, spices such as cinnamon, cloves, allspice, and nutmeg, or flavorings like vanilla or almond extract can be added to enhance the sweetness of food.

Sources: *Dietary Guidelines for Americans*, *ChooseMyPlate.gov*, *Centers for Disease Control*



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at fyi.uwex.edu/foodsense/ask-sue-keeney/

Dear Sue,
Lately I am getting really confused about the kind of sugar that my family and I consume. How can I tell the difference between added sugars, artificial sweeteners, or something that has natural sugar in it?

Sweet Mom

Dear Sweet Mom,

While it is difficult to calculate natural versus added sugars unless it is labeled 'No Added Sugars' or 'Without Added Sugars', it is easy to know which ones are included. If you see fruit or milk listed as an ingredient, natural sugars are contained. Fill your shopping cart with fruits and vegetables of all colors — they contain natural sugar and are full of vitamins, minerals, and disease-fighting antioxidants!

Labels of foods that contain sugar substitutes may say "sugar free," "calorie free," or "reduced calories." These statements on the front of the package are the first sign of a low-calorie food and are regulated by the Food and Drug Administration (FDA).

Not all "sugar-free" or "reduced-calorie" foods are low in calories. The food may contain extra fat, which provides 9 calories per gram. A sugar-free food doesn't always save all that many calories compared to the food it is replacing. Examine the Nutrition Facts labels on all low-calorie foods to know what you're really eating. Use of artificially sweetened foods in moderation can be a part of a healthy diet.

Sue

Source: *Penn State University Extension*



Competitive Foods

Foods and beverages provided through school breakfast, lunch, and afterschool snack programs must meet certain nutritional requirements to receive federal reimbursement.

Many schools also sell foods separate from these school meals—as à la carte offerings in school cafeterias or in school stores, snack bars, or vending machines—that are not subject to federal nutritional requirements. These foods are called “competitive foods” because they compete with school meals.



Recommendations from the Institute of Medicine (IOM) are:

Federally reimbursable school nutrition programs should be the main source of nutrition in schools. Opportunities for competitive foods should be limited. If competitive foods are available, they should consist primarily of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.

Why do we need standards?

Children in the United States are increasingly becoming overweight and obese, and most do not meet recommendations for a healthy diet. By adhering to these recommended standards, schools can help children meet dietary guidelines and reduce their risks for diabetes, cardiovascular disease, and other health problems.

Source: Centers for Disease Control and Prevention

FoodWise education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call <http://access.wisconsin.gov>.

To learn more about FoodWise in your county, please contact:



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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Competitive Foods in Schools

Many schools sell foods separate from regular school meals—in school stores, snack bars, or vending machines—that are not subject to federal nutritional requirements. These foods are called “competitive foods.”

Instead of typical foods like candy bars, chips, or soda consider offering:

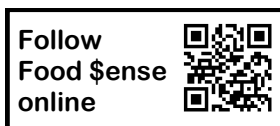
- Fruits—Dried fruit, applesauce, or fresh fruit
- Vegetables—Vegetables or baked potato chips
- Whole grains—Whole grain crackers or whole grain cereals, whole wheat bagels
- Fat-free or low-fat milk and milk products.
- Protein—Nuts or seeds

Source: [Centers for Disease Control and Prevention](http://www.cdc.gov)



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