



Oliver's team talk

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Teach! TEACHERS' CORNER

Sugar is a simple carbohydrate found naturally in many foods, including fruits and dairy products. Carbohydrates have gotten a bad rap lately, but they are your body's main energy source and are essential for a healthy diet. What you want to avoid is added sugars.

A study published in The Journal of Pediatrics found that, on average, added sugar intake was 14 teaspoons per day for kids aged 2-3 and about 17 teaspoons per day for those aged 4-5. Sugar added up to more than one quarter of the total daily calories for 11% of the children aged 2-3 and 12% for the 4- and 5-year-olds. Fruit drinks, high-fat desserts and regular soft drinks were the most common sources of added sugar noted in the survey.

To find out if a food has added sugar, check the ingredient list on the package for sugar, dextrose,

Excite! READY, SET, GO!

To demonstrate how much added sugar most kids are consuming, try using the example of sugar-filled sodas.

Each 12-ounce soda contains the equivalent of 12 teaspoons of sugar and 150 calories. Have a bag of plain table sugar on hand along with a regular sized drinking glass and a teaspoon measure. Have students count along with you as you measure out 12 teaspoons of sugar to demonstrate how much sugar they're drinking in one can of regular soda.

The same amount of water has zero calories and no sugar and is a better choice for thirsty kids.

Activate! MAKE YOUR MOVE

Kids who consume too much added sugar in their diets are also sacrificing healthier foods like fruits, vegetables, grains and dairy that contain vitamins and minerals. Taste preference is something that is learned at a young age, so make sure your children and students are developing a taste for foods that fall outside of the sugary/sweet category.

See if each student in the class can think of a healthy fruit, vegetable or food item for every letter in the alphabet. Compare lists after everyone has finished and see if you can't come

Motivate! SPREAD THE WORD

There are some simple ways to limit added sugars in your diet.

- Trade in sodas for water. Try adding sugar-free Crystal Light for a flavor boost.
- Satisfy a sweet tooth with whole fruits or no sugar added juices.
- Try diluting fruit juices with water.
- Enjoy whole-grain cereals instead of sugar-filled ones.
- Adding spices such as cinnamon, nutmeg or ginger to cereals or baked products will make them taste sweeter.

Make **HEALTHY CHOICES** for Life!SM

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