



CSF9

COOKING SKILLS AND FOOD

Added Sugar Is Not So Sweet

Time: 70 Minutes

Life is sweet with easy sugar swaps! Not all desserts are bad – learn the difference between naturally occurring sugar and added sugar and how to swap in healthier alternatives when you're cooking and baking.

OBJECTIVES:

Describe the difference between naturally occurring sugar and added sugar.

Explain how to find added sugar in an ingredient list and identify two of its common names.

List two healthier sugar swaps to use when making a dessert.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Thaw corn and edamame beforehand.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will practice making a healthy and delicious dessert using easy sugar swaps.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Added Sugar Is Not So Sweet Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Banana Split Berry Yogurt Parfait](#)
- Article – [Sugar 101](#)

Find these resources in this lesson

- Recipe – [Banana Split Berry Yogurt Parfait](#)
- Handout – [Cut Out Added Sugars Infographic](#)
- Handout – [Eat Smart with Food Nutrition Labels Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 12 ounces fat-free pineapple yogurt
- 1 cup sliced strawberries or mixed berries
- 1 large banana (about 1 cup sliced)
- ¼ cup low-fat granola
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners' sugar
- 2 teaspoons hot water
- Electric kettle, microwave, or electric burner (with pot and lid)***
- Chef's knife
- Measuring spoons/cups
- Spoon (for stirring)
- Cups (for serving)
- Spoons (for serving)

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.
**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.
***Choose one of the preparation methods: electric kettle, microwave, or electric burner (with pot and lid) to boil the water.

Added Sugar Is Not So Sweet Demo Script



SAY:

Let's face it — a lot of us were born with a sweet tooth. The sweet taste of sugary treats can be difficult to resist. But eating a lot of sugar gives us empty calories (calories that have no nutritional value). Eating a lot of sugar can make us gain weight and can even cause us to develop cavities. So, try using healthier swaps to get the sweet taste you love without the added sugars!



First, it's important to know the difference between naturally occurring sugars and added sugars.



Naturally occurring sugars are found naturally in foods such as fruit (fructose) and in beverages such as milk (lactose).



Added sugars are sugars added to foods and beverages when they're processed or prepared. Added sugars can have sneaky names and are found in various forms.



For example, added sugars can be found in beverages like flavored milk and sweetened juice, coffee or tea. They're also in energy bars, sweetened yogurt, jellies, jams, frozen yogurt, cookies and cake. Here are some names for added sugars: agave nectar, corn sweetener, corn syrup, dextrose, evaporated cane juice, fructose, fruit juice concentrates, glucose, honey and sucrose.



To make it easier for all of us to figure out if there are added sugars in our favorite foods and beverages, products must now use the updated Nutrition Facts label that provides information on Added Sugars. You can find the Added Sugars listed under Total Sugars.

Hold up the Eat Smart with Food Nutrition Labels handout. Point to the Added Sugars line.



SAY:

The American Heart Association recommends a daily limit of 100 calories or 6 teaspoons/25 grams (or less) of added sugar for women and 150 calories or 9 teaspoons/36 grams (or less) of added sugar for men.



Now that we can spot the sneaky added sugars, let's discuss some ways we can avoid them!



Smart substitutions can help you maintain an overall healthy eating pattern, even when dining out.



Here are some everyday tips for easy sugar swaps and healthier eating:

1. Check the Nutrition Facts labels and read the list of ingredients.
2. Limit sweets and sugary beverages.
3. Choose simple foods over heavily processed ones.
4. Rinse canned fruits if they're canned in syrup.
5. Make healthier substitutions for the foods and beverages you're consuming that contain added sugars.



Baking and Cooking:

Substitute unsweetened applesauce for some of the sugar in a recipe.



Dressings and Sauces:

Swap store-bought bottled salad dressing, ketchup, tomato sauce, spaghetti sauce and barbecue sauce for homemade versions so you can control the amount of sugar added to them.



Sodas and Soft Drinks:

Replace sugar-sweetened beverages with plain or sparkling water flavored with fresh mint, citrus or cucumber slices or a splash of 100% fruit juice.



Desserts and Sweets:

Fresh, frozen and canned (in their own juice or water) fruits are all good dessert choices. The fruit can be baked, grilled, stewed or poached. Baked or grilled fruit becomes caramelized, which brings out its natural sweetness.

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Added Sugar Is Not So Sweet Demo Script (Continued)



SAY:

Snack Mixes and Granolas:

Make your own snack mix without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (unsugared/unfrosted) – and skip adding any candy!



Here are some additional tips to make healthy swaps when following recipes and for healthier eating:

- Instead of 1 cup heavy cream, use 1 cup evaporated fat-free milk or ½ cup low-fat plain yogurt and ½ cup no-salt-added low-fat plain cottage cheese blended together.
- Instead of 1 tablespoon butter, use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 2¼ teaspoons liquid canola or corn oil.
- Instead of ice cream bars, enjoy frozen fruit bars (made with 100% fruit juice).
- Instead of a doughnut, enjoy a whole-grain thin bagel or slice of whole-grain toast.
- Instead of a hot fudge sundae, try fat-free, sugar-free frozen yogurt or fruit ice.



Healthy eating doesn't mean giving up all the foods you love. Make healthier swaps for certain ingredients and be more aware of added sugars and you'll be on your way to living a healthy and delicious lifestyle!

Added Sugar Is Not So Sweet Activity Script

Divide participants into teams to practice making an easy and delicious dessert.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

Today, we are going to make a delicious banana split yogurt parfait recipe. This recipe is a healthier and tasty substitute for sugary desserts you crave, like ice cream.



Once everyone has finished making the dish, divide it into cups and share with your team.

Banana Split Berry Yogurt Parfait

Makes 4 servings; 1 parfait per serving
Per serving: 157 Calories; 0.0 g Saturated Fat; 75 mg Sodium



This simple but indulgent-tasting “banana split” recipe might just become your new favorite dessert.

INGREDIENTS

- 12 ounces fat-free pineapple yogurt
- 1 cup sliced strawberries or mixed berries (thawed if frozen)
- 1 large banana (about 1 cup sliced)
- ¼ cup low-fat granola
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners’ sugar
- 2 teaspoons hot water

DIRECTIONS

1. To assemble parfaits, in each of four small bowls, layer as follows: about ⅓ cup yogurt, ¼ cup sliced strawberries and ¼ cup sliced bananas. Sprinkle 1 tablespoon granola over each parfait.
2. In a small cup, whisk together the cocoa powder, confectioners’ sugar and hot water until smooth. Drizzle 1 teaspoon over each parfait.

Tip: Remember to check the nutrition facts label on the yogurt container and buy the brand of yogurt with the lowest amount of Added Sugar!

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CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.

The American Heart Association recommended daily limit for added sugars:

WOMEN & KIDS*

6
TEASPOONS

25
GRAMS

100
CALORIES

OR LESS

MEN

9
TEASPOONS

36
GRAMS

150
CALORIES

OR LESS



Where to watch for added sugars:



SUGARY DRINKS

- Flavored Milk
- Sports & Energy Drinks
- Soda & Soft Drinks
- Coffee & Tea
- Juice & Fruit Drinks



SWEETENED BREAKFASTS

- Breakfast & Energy Bars
- Granola & Muesli
- Hot & Cold Cereals
- Yogurts
- Smoothies



SYRUPS AND SWEETS

- Syrups
- Honey & Molasses
- Jelly, Jam & Spreads
- Drink Mixes
- Candy



FROZEN TREATS

- Ice Cream & Gelato
- Frozen Yogurt
- Popsicles
- Sherbet & Sorbet
- Frozen Desserts



SWEET BAKED GOODS

- Sweet Rolls & Breads
- Cakes, Cookies & Pies
- Donuts & Pastries
- Snack Foods
- Desserts

How to avoid them:

Always check nutrition facts label & ingredients.

Replace candy & desserts with naturally sweet fruit.

Limit sugary drinks & foods.

Make items at home with less added sugars.



American Heart Association.
Healthy for Good



EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices. **Use it!**
Here's what to look for:

1 Nutrition Facts
6, 12, 18 or 24 servings per container
Serving size 1 egg (50g)

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Saturated Fat 25% less than ordinary eggs: 1g vs 1.5g (quantities rounded)

1 Start with serving information.
This will tell you the size of a single serving and how many servings are in the package.

2 Check total calories.
Do the math to know how many calories you're really getting if you eat the whole package.

3 Limit certain nutrients.
Compare labels and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat when possible.

4 Get enough of beneficial nutrients.
Eat foods with nutrients your body needs, like calcium, choline, dietary fiber, iron, magnesium, potassium, and Vitamins A, C, D and E.*

5 Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit HEART.ORG/EATSMART

EAT SMART

ADD COLOR

MOVE MORE

BE WELL

*Source: 2015–2020 Dietary Guidelines for Americans

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
