

Added Sugar Is Not So Sweet

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How to use these slides – “read the notes in quotation marks,” **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “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.”
- *Supplemental resource: “Sugar 101”*
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101>

**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life® Initiative.**



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Agenda

- Introduction
- Added Sugar
- Healthy Sugar Substitution Tips
- Banana Split Yogurt Parfait
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Added Sugar)*
 - *1:20-1:40 Activity (i.e. Banana Split Yogurt Parfait)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning 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.



- **Explain the expected outcomes**

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*

Sugar 101

- Empty calories with no nutritional value
- Weight gain
- Cause cavities
- Try healthier swaps with sweet taste but without added sugar



- “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!”

Natural Versus Added Sugars

Natural Sugars

- Found naturally in foods
 - Fruit (fructose)
 - Milk (lactose)



Added Sugars

- Added to foods when processed or prepared
- Sneaky names
- Various forms



- “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.”

Added Sugars

Found in drinks

- Flavored milk
- Sweetened juice
- Coffee
- Tea
- Soda



Found in food

- Energy bars
- Sweetened and frozen yogurt
- Jellies and jams
- Cookies and cakes



- “For example, added sugars can be found in beverages like flavored milk and sweetened juice, coffee, tea or soda. They’re also in energy bars, sweetened yogurt, jellies, jams, frozen yogurt, cookies and cake.”
- *Supplemental handout: “The Sugary Six”*
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugary-six>

Added Sugars

Names for Added Sugars:

- Agave nectar
- Corn sweetener
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- Honey
- Sucrose



- “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.”

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:

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	12%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Vitamin D 2mg	40%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*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.

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

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

Limit certain nutrients.
Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.
Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

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).

Total Sugars 12g
Includes 10g Added Sugars 20%

For more tips and tricks on eating smart, visit heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.

- “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.”
- **Show the Eat Smart with Food Nutrition Labels handout. Point to the Added Sugars line.**
 - Handout: “Eat Smart with Food Nutrition Labels” on page 8 of the Added Sugar Is Not So Sweet lesson plan.
 - Updated handout - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/making-the-most-of-the-nutrition-facts-label>
 - Handout in lesson plan - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>
- *Supplemental video: Food Label Smarts (1:23)*
 - <https://www.youtube.com/watch?v=KlwCAM30NQI>
 - *Ensure that closed captioning is on for the video as it plays.*

AHA Sugar Recommendations

Daily Limit: aim to stay below this amount each day

Women:

- 100 calories
- 6 teaspoons
- 25 grams



Men:

- 150 calories
- 9 teaspoons
- 36 grams



- “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.”

Smart Substitutions

- Check the nutrition label
- Read ingredient list
- Limit sweets and sugary drinks
- Rinse fruits if canned in syrup
- Substitute sugary drinks and foods that have added sugars



- “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:
 - Check the Nutrition Facts labels and read the list of ingredients.
 - Limit sweets and sugary beverages.
 - Rinse canned fruits if they’re canned in syrup.
 - Make healthier substitutions for the foods and beverages you’re consuming that contain added sugars.”

Smart Substitutions

Baking and Cooking:

- Unsweetened applesauce



Dressings and Sauces:

Make your own:

- Salad dressing
- Ketchup
- Tomato or spaghetti sauce
- Barbeque sauce



- “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 barbeque sauce for homemade versions so you can control the amount of sugar added to them.
 - “If making your own is not an option, the next best thing is to look for sugar-free or reduced sugar options at the store.”

Smart Substitutions

Sugary Drinks:

- Plain or sparkling water
- Add flavor with mint, citrus, cucumber, or splash of 100% fruit juice



Desserts and Sweets:

- Fresh, frozen, and canned (in water) fruits
- Baked, grilled, stewed, or poached fruits
- Brings out natural sweetness



- “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.”

Smart Substitutions

Snack Mixes and Granolas:

Make your own and combine:

- Nuts and seeds (unsalted)
- Raisins and dried fruits (unsweetened)
- Rolled oats and whole-grain cereal (unfrosted/no added sugar)
- Do not add candy



- “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 (no added sugar/unfrosted) – and skip adding any candy!”

Making Healthy Swaps Happy

- You do not have to give up the food you love
- Keep to healthy swaps and awareness of added sugars
- Live a healthy delicious lifestyle!



- “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! Keep in mind it is important to include a variety of foods including fruits, vegetables, whole grains, lean meat and low -fat dairy.”

Banana Split Berry Yogurt Parfait





- **Play video for “Banana Split Berry Yogurt Parfait” (0:37)**
 - <https://www.youtube.com/watch?v=v5DhoN5Hjtg>
 - *Ensure that closed captioning is on for the video as it plays.*
- This video provides a simple but indulgent-tasting banana split recipe might become your new favorite dessert.

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Banana Split Berry Yogurt Parfait

Makes 4 servings: 1 parfait per serving
Per serving: 127 Calories, 0.0g Saturated Fat, 75mg Sodium

Ingredients

- 12 ounces fat-free pineapple yogurt
- 1 cup sliced strawberries OR mixed berries (thawed if frozen)
- 1 large banana
- 1/4 cup low-fat granola
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners' sugar
- 2 teaspoons hot water

Tools Needed

- Cutting board
- Measuring cups & spoons
- Small cup
- Spoon and fork
- Knife
- 2 Small glasses or cups

Directions

- Using your knife and cutting board, slice the banana and strawberries.
- Begin your parfait by layering $\frac{1}{2}$ cup of yogurt into each glass.
- Add $\frac{1}{4}$ cup of berries and $\frac{1}{4}$ cup of sliced bananas on top of the yogurt in each glass.
- In a small cup, use a fork to whisk together 1 tablespoon cocoa powder, 1 tablespoon confectioners' sugar and 2 teaspoons hot water until smooth.
- Sprinkle 1 tablespoon of granola and drizzle 1 teaspoon of chocolate mixture over each parfait.

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky's Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life Initiative.

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 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/banana-split-berry-yogurt-parfait.pdf?la=en>
 - *Recipes might need to be adapted based on ingredient availability and dietary restrictions*
- **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.)**
- **Note to participants that confectioner sugar is powder sugar**
- “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.”

Healthy for Good EAT SMART ADD COLOR MOVE MORE BE WELL

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*	MEN
6 TEASPOONS	9 TEASPOONS
25 GRAMS	36 GRAMS
100 CALORIES	150 CALORIES
OR LESS	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, Cereals & Granola, Hot & Cold Cereals, Yogurts, Smoothies
- SYRUPS AND SWEETS:** Syrups, Honey & Molasses, Jelly, Jam & Spreads, Drink Mixes, Candy
- FROZEN TREATS:** Ice Cream & Gelato, Frozen Yogurt, Popcorn, Bark & Sorbet, Frozen Desserts
- SWEET BAKED GOODS:** Sweet Rolls & Breads, Cakes, Cookies & Pie, Donuts & Pastries, Snack Foods, Desserts

How to avoid them:

- Always check nutrition facts label & ingredients. Limit sugary drinks to once a week.
- Limit candy, & sweets with specially sweet fruit. Make them at home with less added sugar.

SweetLeaf
A national supplier of the American Heart Association's Healthy for Good® products.

LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/cut-out-added-sugars-infographic)
*ages 7-18 (kinds under 7 should not consume any added sugars)

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- **Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.**
- *Supplemental handout: “Cut Out Added Sugars” on page 7 of the Added Sugar Is Not So Sweet lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/cut-out-added-sugars-infographic>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

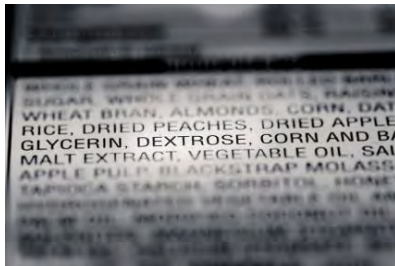
SMART Goal Example

Goal:

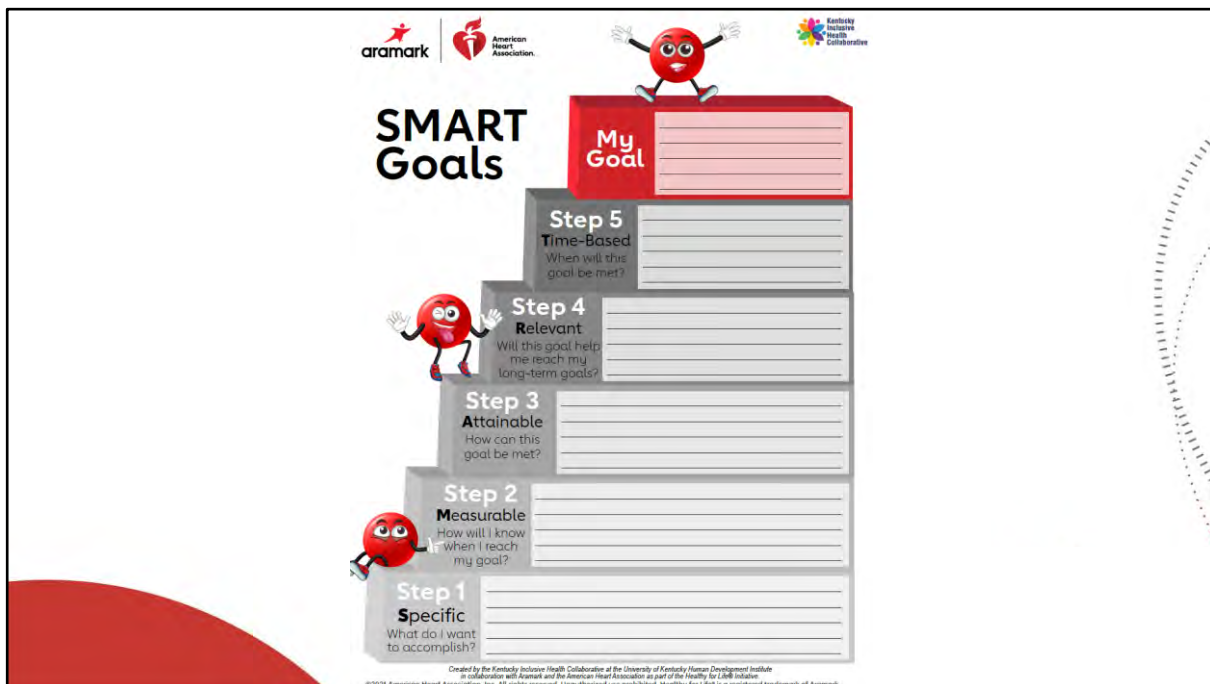
I will eat less sugary foods.

SMART Goal:

I will check nutrition labels for added sugars.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



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- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**