

Too Much Sugar Can Lead to:



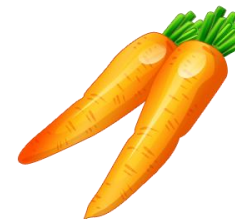
Type 2 Diabetes

Weight Gain

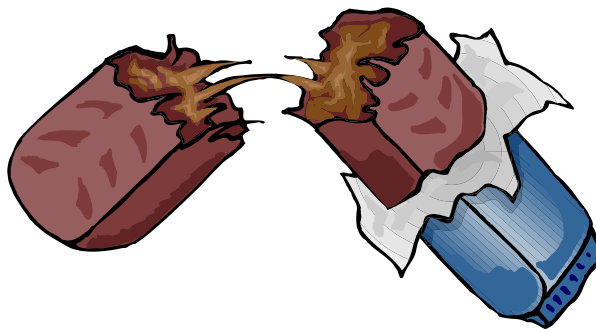
Tooth Decay

Weakened Immune System

Go Foods With Natural Sugars



Slow Foods With Added Sugars



1 cube = 1 teaspoon = 4 grams



Image courtesy of: <http://libertyexim.webnode.com>

How many
teaspoons of added
sugar does the
average US child
consume everyday?

Nutrition Facts

Serving Size 1 bar 2 oz 57g (57 g)

Amount Per Serving

Calories 271 Calories from Fat 122

% Daily Value*

Total Fat 14g 21%

Saturated Fat 5g 26%

Trans Fat 0g

Cholesterol 7mg 2%

Sodium 140mg 6%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 5%

Sugars 29g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 5% • Iron 2%

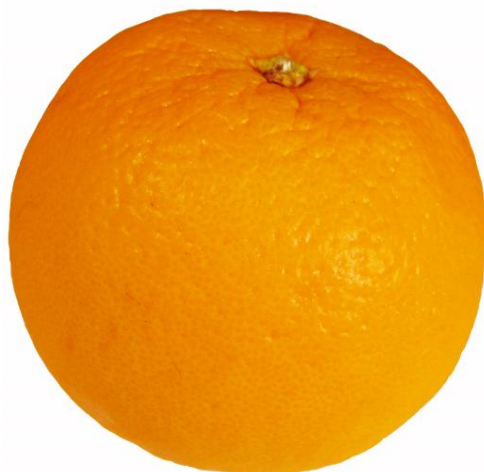
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Ingredients Declaration:

MILK CHOCOLATE (**SUGAR**, COCOA BUTTER, CHOCOLATE, SKIM MILK, LACTOSE, MILKFAT, SOY LECITHIN, ARTIFICIAL FLAVOR), PEANUTS, CORN SYRUP, SUGAR, MILKFAT, SKIM MILK, PARTIALLY HYDROGENATED SOYBEAN OIL, LACTOSE, SALT, EGG WHITES, CHOCOLATE, ARTIFICIAL FLAVOR. MAY CONTAIN ALMONDS



Nutrition Facts

Serving Size 1 fruit 2-11/16" dia 151g
(151 g)

Amount Per Serving

Calories 69 **Calories from Fat** 3

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 4g 14%

Sugars 14g

Protein 1g

Vitamin A 7% • Vitamin C 113%

Calcium 6% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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Images courtesy of <http://tropicana.com>

Ingredients:

100% PURE AND NATURAL ORANGE JUICE

Contains 100% Juice

Nutrition Facts

Package Size: 59oz

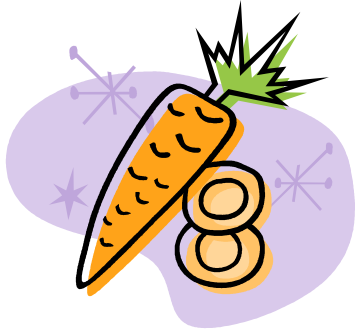
Serving Size: 8 fl oz (240 mL)

Servings Per Container: About 7

Amount Per Serving		Per 8 fl oz
Sodium	0mg	0%
Potassium	450mg	13%
Total Carbs	26g	9%
Dietary Fiber	0g	0%
Sugars	22g	
Protein	2g	
Vitamin A		0%
Vitamin C		120%
Calcium		2%

Percent Daily Values are based on a 2,000 calorie diet.

Can you match the grams of sugar to the correct food?



One cup of
carrot sticks

5.8 grams
?



One scoop chocolate
ice cream in a sugar
cone

3.4 grams
?



1 Tablespoon
of Ketchup

17 grams
?



NURTURE

www.nurtureyourfamily.org

How Best To Enjoy Your Sweets

- Eat whole fruit instead of drinking juice
 - Have small portions
- Split a candy bar with a friend
 - Read nutrition labels
 - Eat fruit for dessert

