

## Simple Steps for Swapping Sugar

According to the American Heart Association, children should consume no more than 3-4 teaspoons (approximately 9-12 grams) of sugar per day. The average 5-8 year-old eats about 21 teaspoons of added sugar each day!

Unfortunately, the only thing that added sugar brings to the table is empty calories. Eating too much sugar puts children at risk for obesity, tooth decay, and chronic health problems including type 2 diabetes and heart disease.



**Did you know?** Manufacturers often list sugars under different names within one ingredient list to make it seem that there's less sugar in the product.

For more information, tips, and activities, visit [www.wfeh.org](http://www.wfeh.org).

## Quick tips for reducing added sugar intake:

- Fix a sweet craving with fruit or sweet vegetables such as beets, Sweet potatoes, and carrots.
- Swap sugar for a natural sweetener such as fruit or 100% fruit juice. After fruit, the healthiest options are maple syrup, honey, and molasses.
- Stay hydrated. Being thirsty can trick us into thinking we're hungry and make it harder to resist cravings.
- Become a label detective--if sugar (or one of its many aliases) is one of the first three ingredients listed on a food's nutrition label, consider it a dessert.
- Sugar goes by many names, including:
  - \* Barley malt, brown rice syrup, beet sugar
  - \* Cane syrup, Carob syrup, dextrin
  - \* Dextrose, fructose, glucose, lactose
  - \* Malt syrup, maltose, mannitol
  - \* Refiner's syrup, tapioca syrup, sorbitol
  - \* Sorghum syrup, sugarcane

For optimal health, know your sugars and read your labels.