Juice Board – Week 8
Activity Description
We Have The Same Amount Of Sugar

Materials
Week 8 display board
6.75 juicy juice – **for activity**
7.5 oz can of Coke – **for activity**
6.75 oz HI-C – **for activity**
Pre-measured out plastic bags of sugar that contain the exact amount (grams) in each drink – **for activity**
Permanent marker (to mark sugar bags) – **for activity**
Reinforcers – Fruit (oranges or apples) and water bottle carrier
Basket/container for reinforcers
Raffle box
Raffle slips
Pens/pencils
Parent handouts
Evaluation form
Table for supporting board (folding table)
Raffle prize to give away for current week – Set of Pyrex measuring cups
Raffle prize for following week – Brita Pitcher – FOR DISPLAY ONLY
Raffle prize winner's name

Target Audience
Parents of Pre – School Children

Table/Board Set Up
Place board on folding table
Place raffle box, pens/pencils, and raffle slips on table
Place parent handouts on table
Place reinforcers on table
Place all activity materials on table
Place raffle prize and raffle winner's name on table
Place raffle prize for following week on table (if there is space)

Activity: Parents will learn how much sugar is in each drink as well as where to find how much sugar a drink has on the container.
1. Ahead of time the students will need to prepare sugar bags for each drink. To do this the student must read the sugar labels on each drink container and then measure out the amount of sugar. The student will then place the amount of measured sugar in the bag and label it.
2. At the site, the student will display the three common beverages and behind each will place the sugar bags that contain the exact amount of sugar in relation to the beverage.

3. The student will greet the parent and ask him/her if they want to enter their name in the weekly raffle or receive a giveaway.
4. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you, provide them with a parent handout and let parent go on his/her way.
5. The student will ask the parent where they would look on the container to find out how much sugar a drink has.
6. If the parent states 'on the label' the student will ask the parent to point out on the label where the amount of sugar can be found.
7. If the parent states that he/she does not know, then the student will inform the parent that the amount of sugar can be found on the nutrition label and point out the sugar content using the 100% juice.
8. The student will then ask the parent to identify the amount of sugar in the 100% juice. Example – "Can you tell me how much sugar this 100% Juice contains" while pointing to the sugar information on the nutrition label.
9. Then the student will show the parent the amount of sugar in the container by holding up the appropriate "sugar bag". The student will repeat this same activity for each beverage provided.
10. The student will then inform and show the parent that all of the juice drinks contain approximately **the same amount of sugar.** The student will use the board to re-enforce the message.
11. The student will hand the parent a reinforcer (orange or apples and water bottle carrier) and the parent handout.
12. The student will have the parent fill out their name on the raffle slip and drop it in the raffle box.
13. The student will thank the parent for his/her time.

Reinforcer
Fruit (Orange or Apple) and water bottle carrier

Raffle Prize To Give Away This Week
Set of Pyrex measuring cups

Take-Home Message
All of these juice drinks contain the same amount of sugar.

Student Talking Points
1. Even though 100% Juice is the best choice when choosing to drink a fruit beverage, it still contains the same amount of sugar as soda and other juice drinks. (Those that are not 100% juice).


Sugar
Unhealthy
We Have the
Same Amount
of Sugar
Sugar
Healthy

Foods & Nutrition EDUCATION
The University of Georgia Cooperative Extension Service

Sugar and Your Health

Can you satisfy your sweet tooth and eat a healthy diet? Believe it or not, you probably can. Sugar can be part of a healthy diet if used in moderation. But what is moderation? According to the Food Guide Pyramid, a person eating 2,200 calories a day should eat no more than 12 added teaspoons of sugar each day. You may not think you add that much sugar to your food, and you personally might not, but sugar might have been added in the processing.

The average American eats more than 32 teaspoons of added sugar each day.

Candy and cereal and other sweet foods contribute quite a bit of this sugar. However, catsup, salad dressing, barbecue-flavor potato chips and other foods you wouldn't normally consider sweets, often contain added sugar as well.

How can you tell if sugar has been added to a food? Check the Nutrition Facts label. "Total sugar" is listed on the Nutrition Facts label in grams. If you divide the number of grams by 4, you'll get the approximate number of teaspoons of sugar in the food. This does include natural sugar but if sugar is one of the first ingredients on the label, most of the sugar is probably added. All of these are sugar: brown sugar, sucrose, dextrose, high fructose corn syrup, molasses, maltose, and fructose. Here are some examples of the amount of sugar in several foods:

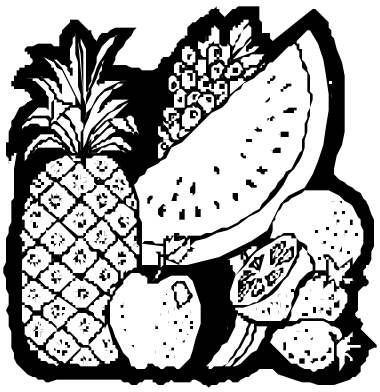
Food	Grams	Teaspoons
soft drink, 12 ounces	40 grams	10 teaspoons
chocolate candy bar, 1 1/2 ounces	22 grams	5 1/2 teaspoons
cake with icing	18 grams	4 1/2 teaspoons
fruit loop-type cereal (1 cup)	14 grams	3 1/2 teaspoons
sweet pickle, 1 ounce	9 grams	2 1/4 teaspoons
catsup, 1 tablespoon	4 grams	1 teaspoon
barbecued chips, 1 ounce	2 grams	1/2 teaspoon
unsweetened cereal, 1 cup	1 1/2 grams	1/3 teaspoon

Is sugar itself bad for you? Health concerns about sugar include its possible role in diseases like diabetes, obesity, hyperactivity and tooth decay. However, the only proven link is between sugar and tooth decay. In diabetes, the blood sugar (glucose) rises because it cannot get into the cells. But diabetes is not caused by eating a diet high in sugar. Being overweight increases the risk of diabetes, and eating too many calories leads to weight gain. Cutting down on the amount of sugar in your diet to lose weight may decrease your chances of getting diabetes, but eating sugar does not cause diabetes. Nor does eating a high-sugar diet cause children to become hyperactive, according to the current research. However, high sugar foods are often low in other important nutrients, and should be considered "occasional" foods for children. Tooth decay is a concern, so be sure to brush teeth after meals, and never put sweet liquids in a baby's bottle.

Should you be concerned about the amount of sugar in your diet? Sugar is a carbohydrate, and carbohydrates are the major source of energy (calories) for your body. Many foods contain carbohydrates naturally, including bread, fruit, milk, and vegetables. These foods also contain many vitamins and minerals, along with the carbohydrate they contain, so they are a good nutrition bargain. Foods that are high in added sugar, however, such as sweet tea, candy, and soft drinks, are high in calories and very low in vitamins and minerals. Lots of sugar and few other nutrients makes these foods poor choices for the number of calories you are getting. Cutting down on high sugar, low nutrient foods make good sense from a nutrition standpoint, especially since most Americans get far more sugar in their diets than is recommended.

Make it a habit to satisfy your sweet tooth with fruit, which contains natural sugar, and is high in vitamins, and minerals.

And when nothing but chocolate will do, have a small piece or two, not the entire box!



Gail Hanula, Eds, RD, LD Extension Nutrition – EFNEP Specialist
and Erica Aspinwall, Extension Graduate Assistant
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Eating healthier and
feeling better using the

Nutrition Facts Label

U.S. Department of Health and Human Services
U.S. Department of Agriculture
www.healthierus.gov/dietaryguidelines

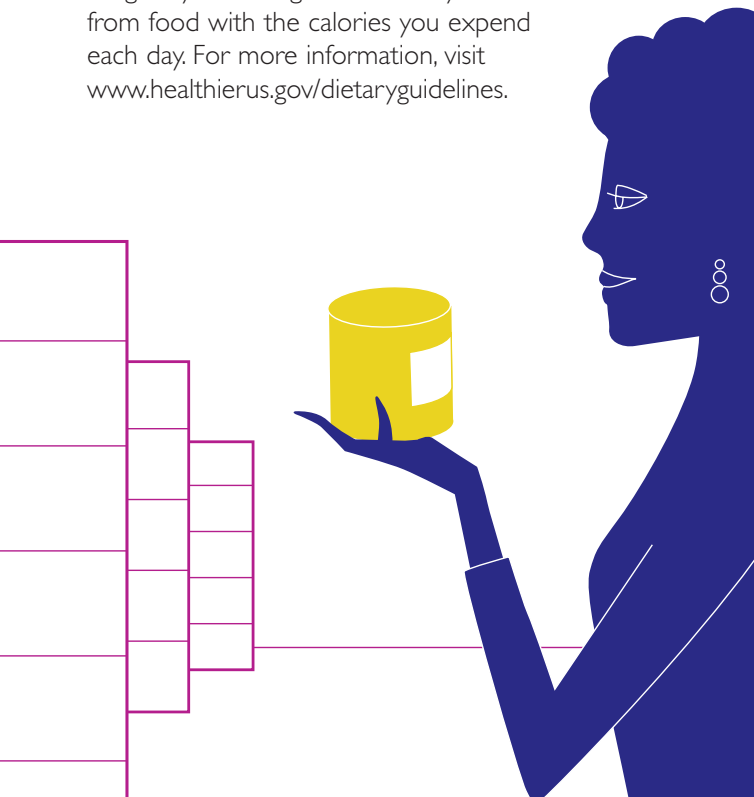
THE RIGHT TOOL TO BALANCE YOUR DIET

You probably already use the Nutrition Facts label in some way—maybe to check calories, fat or sodium content. But, the more familiar you are with the information, the more you'll want to use it daily to ensure you're eating a healthy, balanced diet.

Use the label when you shop, as you plan your meals, and as you cook each day. The label makes it easy to determine the amounts of nutrients you're getting and to compare one product to another.

Strive for a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, and nuts. Choose foods that are low in saturated fats, *trans* fats, cholesterol, salt, and added sugar.

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in from food with the calories you expend each day. For more information, visit www.healthierus.gov/dietaryguidelines.



USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

HERE'S WHERE TO FIND MORE INFORMATION ON HEALTHY LIVING:

U.S. Department of Health and Human Services

Dietary Guidelines for Americans
www.healthierus.gov/dietaryguidelines

Dietary Approaches to Stop Hypertension (DASH)
www.nhlbi.nih.gov/health/public/heart/hbp/dash

U.S. Food and Drug Administration

Nutrition Facts Label
www.cfsan.fda.gov/~dms/foodlab.html

U.S. Centers for Disease Control and Prevention

Nutrition and Physical Activity
www.cdc.gov/nccdphp/dnpa

U.S. Department of Agriculture

Nutrition Information
www.nutrition.gov

Food Pyramid
www.mypyramid.gov

FDA is responsible for promoting and protecting the public's health by ensuring that the nation's food supply is safe, sanitary, wholesome, and honestly labeled.

August, 2006

Kool-Aid Splash Grape Berry Punch

Nutrition Facts

Serving Size: 1 typical serving (252g)

Amount Per Serving		
Calories 116	Calories from Fat 0	
		% Daily Value*
Total Fat 0 g		**0%**
Saturated Fat 0 g		**0%**
Trans Fat 0 g		
Cholesterol 0 mg		**0%**
Sodium 35.28 mg		**1%**
Potassium 12.6 mg		**0%**
Total Carbohydrate 30.74 g		**10%**
Dietary Fiber 0 g		**0%**
Sugars 29.74 g		
Sugar Alcohols		
Protein 0 g		
Vitamin A 0 IU		0%
Vitamin C 0 mg		0%
Calcium 0 mg		0%
Iron 0.05 mg		0%

Coca-Cola Classic

Nutrition Facts

Serving Size: 1 can • 12 fl oz • 355 mL	
Amount Per Serving	
Calories 140	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 39g	
Other Carbohydrate 0g	
Protein 0g	0%
Vitamin A 0% ◦	Vitamin C 0%
Calcium 0% ◦	Iron 0%

100% Pure Florida Orange Juice

Nutrition Facts

Serving Size: 8 fl oz • 240 mL • 1/2 bottle	
Amount Per Serving	
Calories 120	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 28g	
NET Carbs 29	
Protein 1g	2%
Vitamin A 0% ◦	Vitamin C 100%
Calcium 0% ◦	Iron 0%

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- candy
- cakes
- cookies
- pies
- fruit drinks, such as fruitades and fruit punch
- milk-based desserts and products, such as ice cream, sweetened yogurt and sweetened milk
- grain products such as sweet rolls and cinnamon toast

1.

Parent	Believed that s/he can find out the amount of sugar on any of beverages	Participant was able to show on the container; where the nutritional label was and identified the amount of sugar
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
Total		