Compare labels to choose foods lower in sugar.

Think sugar gives you a lift? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat. Healthy foods give you the energy you need to play, do well in school, and be active all day long.

Have you ever seen the Nutrition Facts Panel on a food package? That’s where you can find out how much sugar is in your food or drink. Look for it on the side or back of the package. Sugar is circled in red on the label to the right.

The next time you reach for a soda or other sugary drink, think about eating 16 packets of sugar. That’s how much sugar is in a 20 ounce soda! Instead, try mixing 100% fruit juice with sparkling water.

It’s ok to eat sugary foods from time to time. Think of them as a special treat instead of an everyday food.

Compare the food labels below. Circle which food or drink is lower in sugar.

a.  
   
   **Soda**
   
<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1g</td>
<td>27g</td>
<td>9g</td>
<td>0g</td>
</tr>
<tr>
<td>1%</td>
<td>9%</td>
<td>9%</td>
<td>0%</td>
</tr>
</tbody>
</table>

OR

b.  
   
   **“Frosted” whole grain cereal**
   
<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5g</td>
<td>27g</td>
<td>9g</td>
<td>1g</td>
</tr>
<tr>
<td>7%</td>
<td>9%</td>
<td>9%</td>
<td>1%</td>
</tr>
</tbody>
</table>

OR

c.  
   
   **Plain yogurt**
   
<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>0g</td>
<td>12g</td>
<td>4g</td>
<td>8g</td>
</tr>
<tr>
<td>0%</td>
<td>4%</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>

OR

**Unfrosted whole grain cereal**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>0g</td>
<td>24g</td>
<td>8g</td>
<td>2g</td>
</tr>
<tr>
<td>0%</td>
<td>8%</td>
<td>8%</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Strawberry yogurt**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>0g</td>
<td>27g</td>
<td>11g</td>
<td>8g</td>
</tr>
<tr>
<td>0%</td>
<td>9%</td>
<td>9%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

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

**TRY THIS!**

Next time you go food shopping with an adult or on your own, look at how much sugar is in a food or drink you would normally buy. See if you can find a similar food with less sugar that you would be willing to try.
Fruit Smoothies
Chef Susan Goss • Chicago, Ill.
Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: None

Directions
1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

Chef’s Notes
• Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes. Use fruits in season when you can.
• For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
• Freeze slices of fruits that are about to go bad. Use these in your smoothies.
• If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
• If you don’t have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.

Ingredients
1 medium banana
½ cup ice cubes
1 cup low-fat plain yogurt
½ cup 100% orange juice
4 frozen strawberries

Optional Ingredients
½ teaspoon ground cinnamon

Materials
Measuring cups
Special Materials
Blender

Nutrition Info (per serving)

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>TOTAL FAT</th>
<th>SUGARS</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>1.5g</td>
<td>19g</td>
<td>65mg</td>
</tr>
</tbody>
</table>

Got a taste for something sweet? Have fun with fruit! Try a cool and tasty fruit smoothie in place of a sugary drink, snack, or dessert.

This is Your Brain on Breakfast
A balanced breakfast includes foods from at least 3 MyPlate food groups. Match these popular breakfast foods with the food group they belong to. Hint: Some foods may have ingredients from more than one food group!

Foods
Bagel
Cereal
Eggs
Apple
Veggie omelette
Oatmeal
Yogurt
Waffle
Banana
Bean burrito
Milk
Toast
Peanut butter

Food groups
Fruits
Vegetables
Grains
Protein
Dairy

Want more tasty recipes to make with your friends and family? Get all Cooking Matters recipes right on your phone at CookingMatters.org/app.

DID YOU KNOW?
Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack. Or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.

Word matching answers: Fruits: Apple, Banana; Vegetables: Veggie omelette; Grains: Bagel, Cereal; Protein: Eggs, Yogurt; Dairy: Yogurt, Milk

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