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COOKING MATTERS PRESENTS

Sugar Shocker

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.

Nutrition Facts

Serving Size 1 cup (264g)
Servings per Package 2

Amount Per Serving	
Calories 310	Calories from Fat 40
	% Daily Value
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 500mg	**21%**
Total Carbohydrate 57g	**19%**
Dietary Fiber 10g	**40%**
Sugars 4g	
Protein 12g	
Vitamin A 300% •	Vitamin C 190%
Calcium 15% •	Iron 20%

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

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

Sodium 30mg	1%
Total Carbohydrate 27g	9%
Sugars 27g	
Protein 0g	

Not a significant source of fat calories, saturated

OR

Plain milk

Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

b.

"Frosted" whole grain cereal

Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 11g	
Protein 1g	
Vitamin A 10% •	Vitamin C 10%

OR

Unfrosted whole grain cereal

Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 10% •	Vitamin C 10%

c.

Plain yogurt

Potassium 380mg	4%
Total Carbohydrate 12g	0%
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	
•	Vitamin C 8%

OR

Strawberry yogurt

Potassium 310mg	6%
Total Carbohydrate 22g	9%
Dietary Fiber <1g	7%
Sugars 21g	4%
Protein 6g	

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.

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.

Fruit Smoothies

Chef Susan Goss • Chicago, Ill.

Serves 2, 1 cup per serving

Prep time: 10 minutes • Cook time: None

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

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.

Nutrition Info (per serving)

CALORIES	TOTAL FAT	SUGARS	SODIUM
150	1.5g	19g	65mg

DID YOU KNOW?

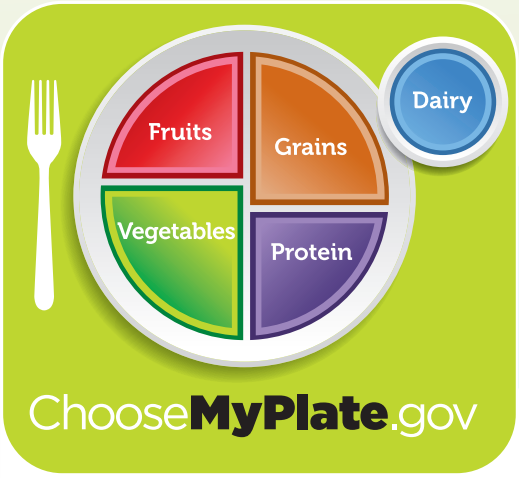
Fruit is naturally sweet and it gives you the healthy stuff you need to grow and be strong. Have it on its own for a snack. Or use it to sweeten lower-sugar versions of your favorite foods, like cereal or yogurt.

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

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	Food groups
Bagel	Fruits
Cereal	Vegetables
Eggs	Grains
Apple	Protein
Veggie omelette	Dairy
Oatmeal	
Yogurt	
Waffle	
Banana	
Bean burrito	
Milk	
Toast	
Peanut butter	



DID YOU KNOW?

Most schools serve breakfast every day. They can include many of your favorite foods from this activity. Ask your teacher or principal about your school breakfast program.

Visit MyPlate Kids Place for fun videos, games, and activity sheets. Go to **www.choosemyplate.gov/kids**.

TIP: You can make or buy all of these grain foods as whole grains.

Word matching answers: *Fruits: Apple, Banana; Vegetables: Veggie omelette; Grains: Bagel, Cereal, Oatmeal, Waffle, Bean burrito, Toast; Protein: Eggs, Veggie omelette, Bean burrito, Peanut butter; Dairy: Yogurt, Milk*