



Photo courtesy of pixabay.com

EAT WELL, AGE WELL.

ADDED SUGARS- EVERYTHING YOU NEED TO KNOW

News about added sugars has been circling the media. While it's good to stay informed, it's also important to make sure the source is credible! Added sugars are sugars that are added to a food during processing to increase its sweetness. While you can safely assume added sugars are found in treats like ice cream, candy, and cookies, they are also hiding in places you may not expect. Condiments are a great example of hidden added sugars. Did you know that one tablespoon of ketchup can contain up to 4 grams of added sugars?

As of 2018, the FDA has required that added sugars be listed on the nutrition facts. This ensures that you can easily identify how much added sugar is in your foods. Check out the label next time you buy something, you may find added sugars in places you would never expect!

WEEKLY CHALLENGES

Replace soda with water or another sugar free beverage this week.

ENJOY FRUIT AS A DESSERT 2X THIS WEEK.

TOP YOUR CEREAL/ OATMEAL WITH FRUIT

LOOK FOR ADDED SUGARS IN CONDIMENTS SUCH AS KETCHUP/ BBQ SAUCE

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease sodium consumption and increase nutritional value of their meals.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Got it down" or just a short note like, added citrus juice to my vegetables or added rosemary to my pork, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Added Sugars – Everything You Need to Know*
- Placemat/handout – *Pancake Fluffs*
- Table Tent- *Reducing Added Sugars*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Yogurt and Banana Pancakes*
- Table Tent- *Reading Labels*

Week 3: Give out/Post

- Placemat/handouts – *Applesauce Cookies*
- Table Tent- *Consuming Less Added Sugars*

Week 4: Give out/Post

- Placemat/handout- *Blueberry Oatmeal Applesauce Muffins*
- Table Tent- *Where Added Sugars are Found*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org