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HEALTHY CHOICES

FOR HEALTHY FAMILIES

TOPIC

LIMITING ADDED SUGARS

Sugar-filled treats are all around. Treats have become the norm. Instead of having “treats” once in a while, “treats” have become an everyday need. Limit the amount of foods and drinks with added sugars to special events. If you don’t buy them, you won’t get them very often. Sweet treats and sugary drinks have a lot of calories, but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.



INSIDE

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- Food Facts: Tips for reducing sugar in your diet
- Recipe: English Muffin Veggie Pizza
- Recipe: Baked Beans
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PARENT'S POW-WOW

We have become a very “sweet” nation. Sweets are around each corner and are staring at us all the time. We all will be better off if we try to limit the amount of sugar we eat and drink. We should also do what we can to limit the amount of sugar eaten by our children. Make sure the juice you offer is 100 percent juice and not filled with sugar. The Nutrition Facts will tell you if it is 100 percent juice.





BASIC BUDGET BITES

- Serve small portions. A small amount of sweets can go a long way. Use smaller bowls and plates for these foods. Share a candy bar or split a large cupcake.
- Choose the check-out lane that does not display candy.
- Offer water, 100 percent juice, or fat-free milk for drinks rather than sodas and other sweet drinks.
- Cut down on dollars spent by not giving sweets as rewards. Reward your child with kind words, hugs, or stickers to make them feel special.



FOOD FACTS

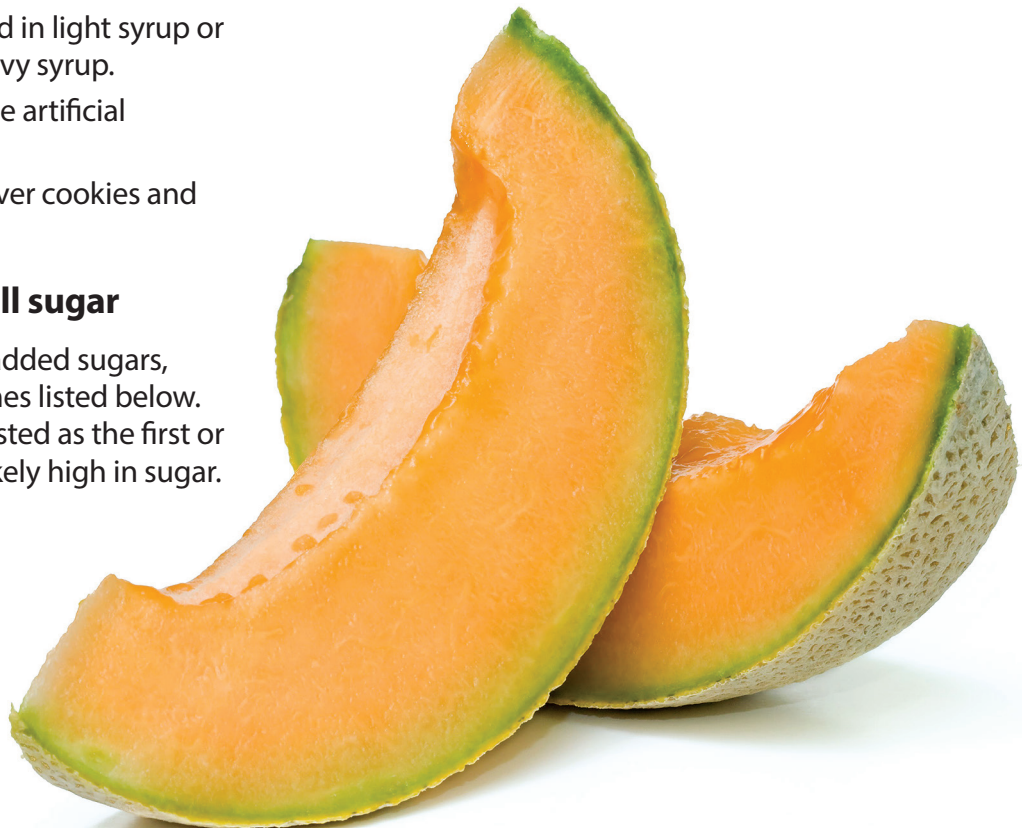
TIPS FOR REDUCING SUGAR IN YOUR DIET

- Try using one or one-half packet of artificial sweetener sprinkled over fruit or cereal instead of adding sugar.
- Choose canned fruits that are packed in light syrup or juice, instead of those packed in heavy syrup.
- Try replacing sugar with a heat-stable artificial sweetener in recipes.
- Choose fresh, naturally sweet fruit over cookies and cakes for snacks.

Sugar by any other name is still sugar

When reading food labels, check for added sugars, which can be pointed out by the names listed below. If a product has any of these names listed as the first or second ingredient, you can bet it is likely high in sugar.

- | | |
|------------------|--------------|
| • Brown sugar | • Corn syrup |
| • Corn sweetener | • Dextrose |
| • Fructose | • Glucose |
| • Honey | • Malt syrup |
| • Lactose | • Molasses |
| • Maltose | • Sucrose |
| • Raw sugar | |



COOKING WITH KIDS

ENGLISH MUFFIN VEGGIE PIZZA

- **4 English muffins**
- **1 cup pizza or spaghetti sauce**
- **½ cup shredded, part-skim mozzarella cheese**
- **1 cup cooked chopped broccoli**
- **3 tablespoons shredded carrots**
- **1 teaspoon grated parmesan cheese**

- 1.** Cut 4 English muffins in half. Toast the 8 muffin halves.
- 2.** Spoon 2 tablespoons pizza sauce over each English muffin half.
- 3.** Sprinkle 1 tablespoon mozzarella cheese on top of each half.

- 4.** Put 2 tablespoons broccoli and 1 teaspoon carrots on top of each half.

- 5.** Sprinkle each half with parmesan cheese.

- 6.** Broil in oven for 2 minutes, until cheese melts.

Nutrition Facts per serving: 240 calories, 5 g total fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 340 mg sodium, 40 g carbohydrate, 7 g dietary fiber, 4 g sugars, 13 g protein

Yield: 4 servings

SOURCE: USDA RECIPE FINDER

RECIPE

BAKED BEANS

- **1½ cups navy, kidney, or lima beans (dry, sorted and rinsed)**
- **2 cups water**
- **2 cups apple juice**
- **1 teaspoon salt**
- **2 tablespoons molasses**
- **½ cup ketchup**
- **2 teaspoons vinegar**
- **1 teaspoon dried mustard**

- 1.** Combine apple juice and water. Bring to a boil.
- 2.** Add beans, and simmer for 2½ hours until beans are tender.
- 3.** Drain beans, reserve the liquid.
- 4.** Put beans and other ingredients in greased baking dish.

- 5.** Cover and bake at 250°F for 3 to 4 hours.

- 6.** Uncover the last hour of baking, and add some reserved liquid if beans become dry.

Nutrition Facts per serving: 260 calories; 1 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 620 mg sodium, 53 g carbohydrate; 8 g dietary fiber; 19 g sugars; 11 g protein

Yield: 6 servings

SOURCE: USDA RECIPE FINDER



LOCAL EVENTS

SMART TIPS: SLOW DOWN AND ENJOY DINNER

1. Give your family meals the time and thought they deserve. Taking plenty of time to enjoy the meal will give each person the chance to relax, even when the schedule is hectic.
2. Get the family involved in dinner from start to end. Some benefits of family meals may in fact build when children know they are part of the process. Give jobs that are right for the child's age.
3. Make a pleasant, distraction-free zone at the dinner table. Ask the whole family to turn off their electronic gizmos for just 30 minutes. The goal is to have a quiet time to enjoy food and being with others.
4. Make family chats the centerpiece of your time together. Pleasant talks make good meals even

better. They help every person feel more safe and connected.

SOURCE: EAT SMART, MOVE MORE, NC



If you are interested in nutrition classes, contact your extension office.
