

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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You are sweet enough!

The average American eats about 17 teaspoons of added sugar every day. This adds up to over 57 pounds of sugar a year!

Eating more sugar leads to weight gain and obesity. This can cause serious health problems such as heart disease and diabetes.

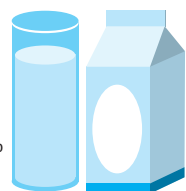
Source: angelinstitute.edu

Eating too much sugar makes it harder for your white blood cells to kill germs. That means that eating too much added sugar can lead to getting sick more often.

A lot of the added sugar people consume can be found in sweetened drinks.

Drink unsweetened tap, bottled, or sparkling water, unsweetened low-fat milk or tea, or 100% fruit juice in limited amounts*.

* Depending on age, children can drink ½ to 1 cup, and adults up to 1 cup of 100% fruit juice.



Source: heart.org

SUGAR SMART

PARENTS: New government guidelines say that no more than 10% of our daily calories should come from added sugar. For kids that is less than about 6 teaspoons per day.

The American Heart Association recommends a maximum of 6 teaspoons (25 grams) of added sugar per day for kids.

Use Nutrition Facts labels to track the amount of sugar your kids are consuming. Note: food labels do not distinguish between natural and added sugar.



Do the math to find out the amount of calories each drink contains and how many minutes of walking it would take to burn off the calories in each drink.

Sugar
One sugar packet = .1 oz (3 g)



Chocolate Milk 8 oz (237 ml)

CONTAINS:
9 SUGAR PACKETS
 $80 + 80 = 160$
CALORIES
 $21 + 13 = 34$
MINUTES OF WALKING



Juice Drink 20 oz (591 ml)

CONTAINS:
23 SUGAR PACKETS
 $150 + 155 =$
CALORIES
 $33 + 33 =$
MINUTES OF WALKING



Soda 20 oz (591 ml)

CONTAINS:
22 SUGAR PACKETS
 $160 + 82 =$
CALORIES
 $20 + 32 =$
MINUTES OF WALKING



Sports Drink 20 oz (591 ml)

CONTAINS:
12 SUGAR PACKETS
 $70 + 55 =$
CALORIES
 $15 + 12 =$
MINUTES OF WALKING



Energy Drink 16 oz (473 ml)

CONTAINS:
17 SUGAR PACKETS
 $140 + 90 =$
CALORIES
 $15 + 35 =$
MINUTES OF WALKING

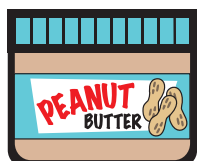
Be a sugar detective!

Did you know that some brands of canned tomato soup have 20 grams of sugar? That's as much as two doughnuts!

Always read the Nutrition Facts labels before taking a bite or sip.

Look at these examples. Which food has the most sugar per serving?

Which item had more sugar than you thought?



Total Fat 16g 24%
Cholesterol 0mg 0%
Sodium 135mg 6%

Sugar 3g



Total Fat 0.5g 1%
Cholesterol 0mg 0%
Sodium 480mg 20%

Sugar 12g



Total Fat 1g 25%*
Cholesterol 0mg 1%*
Sodium 720mg 37%*

Sugar 6g *as prepared



Total Fat 4g 6%
Cholesterol 15mg 5%
Sodium 105mg 4%

Sugar 22g



Total Fat 6g 8%
Cholesterol 5mg 2%
Sodium 360mg 16%

Sugar 2g



Total Fat 9g 14%
Cholesterol 0mg 0%
Sodium 250mg 10%

Sugar 2g

Extra! Extra! Sugar Adjectives

Look through the newspaper for 10 words that describe sugar. Write them here:

Standards Link: Reading Comprehension: Follow written directions.

Kid Scoop Puzzler

SECRET SUGAR CODE

Did you know that there are more than 50 names for sugar that can be found on food labels? Use the Secret Sugar Code at right to reveal some of the most common.

24 = A	16 = I	8 = R
23 = B	15 = J	7 = S
22 = C	14 = K	6 = T
21 = D	13 = L	5 = U
20 = E	12 = M	4 = V
19 = F	11 = N	3 = X
18 = G	10 = O	2 = Y
17 = H	9 = P	1 = Z

7 5 22 8 10 7 20 21 20 3 6 8 10 7 20

17 16 18 17 19 8 5 22 6 10 7 20

22 10 8 11 7 2 8 5 9

12 24 13 6 10 7 20 18 24 13 24 22 6 10 7 20

22 24 11 20 15 5 16 22 20 21 20 3 6 8 16 11

Double Double Word Search

DETECTIVE
DOUGHNUTS
SWEETENED
MAXIMUM
AVERAGE
TOMATO
LABELS
SUGAR
HEART
GERMS
BLOOD
SYRUP
CELLS
SOUP
SICK

Find the words in the puzzle. How many of them can you find on this page?

D D C S M R E G D D
E S E R B L O O D M
N Y L T A H U K E A
E R L E E G T C G X
T U S A H C U I A I
E P R N P E T S R M
E T U C T U I I E U
W T O M A T O V V M
S L E B A L E S A E

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Sweet Story

Find a newspaper article about something happy or positive. On a piece of paper, write down the who, what, when, where, why and how in the news story.

Standards Link: Language Arts: Understanding meanings from context clues.

Why did the little kid put sugar under his pillow?



ANSWER: So he could have sweet dreams.

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