



The University of Georgia

®

Natural sugar is in fruit and dairy products, but most sugar is added during food processing, preparation, and at the table.

Cutting Back On Sweet Treats For Children!!



Learning For Life

The University of Georgia Cooperative Extension

Contact your local office at

Children are eating too much sugar. Who buys these sugary foods and drinks and gives it to them? **Parents and grandparents!!**

You can change how much sugar kids eat. Look for these sugars on the ingredient label. Limit foods that list sugar as one of the first three ingredients or that have more than one sugar in them.

Different Types of Sugars

High fructose corn syrup	Cane sugar	Liquid fructose
Corn syrup	White sugar	Fructose sweeteners
Malt syrup	Brown sugar	Anhydrous dextrose
Maple syrup	Honey	Crystal dextrose
	Molasses	Dextrose



10 Ways To Cut Back On Sweets For Kids!



*“Be creative!
Make funny
faces with
foods or cut
foods into fun
and easy
shapes using
cookie cutters.”*



1. Serve small portions of sugary foods.

- Use small bowls and plates.
- Split cupcakes and candy bars between children.

2. Sip Smart. Offer...

- Water most of the time.
- 100% Juice once a day or less.
- Fat-free or low-fat milk two to three times a day.

3. Make fruit an everyday dessert. Serve...

- Pieces of fresh fruit.
- Baked apples and pears.
- Fruit salad.
- Frozen 100% juice bars.

4. Make food fun.

- Allow your grandchildren to help you cook.
- Name the food after the child that helps prepare it like “Paul’s Very Veggie Soup.”
- Cut food into fun shapes.
- Make funny faces with food.

5. Invent new snacks with your grandchildren using ingredients like...

- Dried fruit
- Unsalted nuts
- Seeds
- Cooked whole grains
- Low-sugar cereal

6. Play sugar detective in the cereal aisle. Teach your grandchildren to find the total amount of sugar in their favorite cereals. Challenge them to compare the amounts to choose the cereal with the least sugar.

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10 Ways To Cut Back On Sweets For Kids!



7. Avoid check-out lanes that display candy.

When you cannot find a candy-free lane, simply say **NO!**

8. Never offer sweets as rewards. Use encouraging words, hugs, and small rewards such as stickers to make a child feel special.

9. Sweet treats should be “treats,” not everyday foods. Eat sweets occasionally.

10. Do not offer sweets to children who do not eat their meals. Sweets have empty calories with no nutritional value.

Sweets Are OK In Moderation!!

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ACTIVITY

Sweet Treats Word Scramble

Unscramble the words listed below. Write your answer in the blank provided.

Hint: Some of these words can be found on this handout! Good Luck!!

1. gsua _____

2. eciuj _____

3. sado _____

4. adync _____

5. leraec _____

6. mkli _____

7. eic camer _____



ACTIVITY

Answers for Sweet Treats Word Scramble

1. rgsua sugar

2. eciuj juice

3. sado soda

4. adync candy

5. leraec cereal

6. mkli milk

7. eic camer Ice cream