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

<table>
<thead>
<tr>
<th>High fructose corn syrup</th>
<th>Cane sugar</th>
<th>Liquid fructose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn syrup</td>
<td>White sugar</td>
<td>Fructose sweeteners</td>
</tr>
<tr>
<td>Malt syrup</td>
<td>Brown sugar</td>
<td>Anhydrous dextrose</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>Honey</td>
<td>Crystal dextrose</td>
</tr>
<tr>
<td></td>
<td>Molasses</td>
<td>Dextrose</td>
</tr>
</tbody>
</table>

Natural sugar is in fruit and dairy products, but most sugar is added during food processing, preparation, and at the table.
10 Ways To Cut Back On Sweets For Kids!

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.
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.

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**Sweets Are OK In Moderation!!**

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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