

SUGAR SHOCKERS

The word "SUGAR" is written in large, bold, blue capital letters. The word "SHOCKERS" is written in large, bold, purple capital letters. In the background, there are several stacks of white sugar cubes of varying heights, some partially obscuring the letters.A horizontal band of black and yellow diagonal stripes, resembling a warning sign, spans the width of the page.

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SUGAR SHOCKERS

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How much sugar do you eat?

.....

**How much sugar, on average,
do Americans eat in a year?**

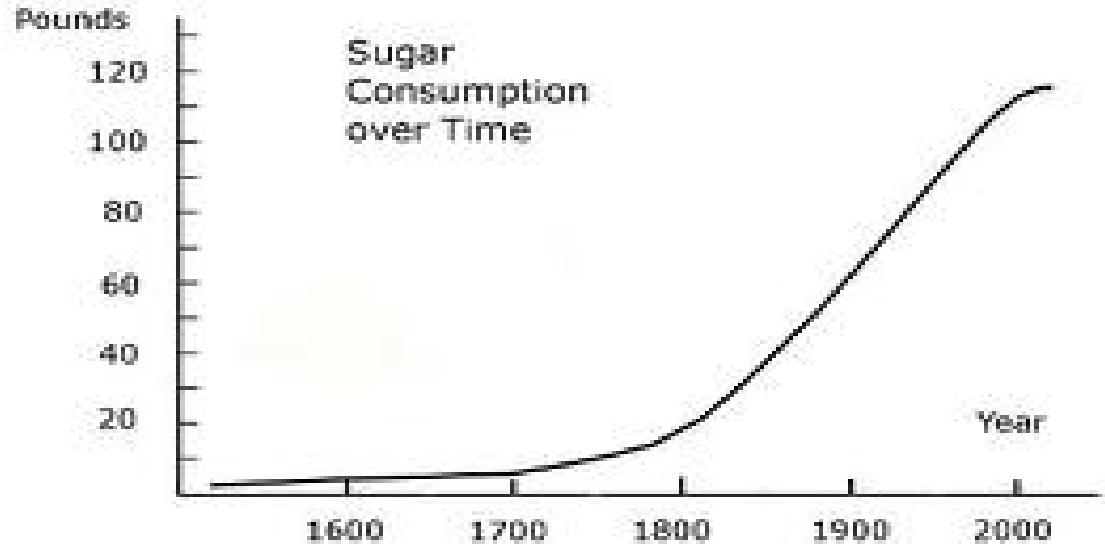
Go ahead – take a guess... 😊



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150 Pounds of Sugar/Year



For me, personally, this means I eat more than my body weight in sugar each year!



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Goals & Objectives

- Describe how many teaspoons of sugar are in a variety of foods and beverages
- List three health consequences of obesity
- Name three “healthy” beverage choices and three “unhealthy” choices



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What Do You Drink?

- Soda
- Diet Soda
- Iced Tea
- Sports Drinks
- Energy Drinks
- Juice
- Milk



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Sugar Synonyms

- Agave nectar
- Barley malt extract
- Brown rice syrup
- Corn sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- High fructose corn syrup
- Honey
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Sucrose



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Where Do You Get Your Calories?

Liquid vs. Food Calories

32 oz cola = 400 calories

Foods with 400 calories

- 2 bagels
- 1½ cups macaroni & cheese
- 1 taco & 1 enchilada
- 1 roast beef sandwich
- 3 bowls of cereal with milk
- 7 pancakes
- 5 cups chicken noodle soup
- 2 brownies



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Obesity Rates

- 69.2% of Americans are overweight or obese
 - Overweight = BMI 25.0 – 29.9
 - Obese = BMI 30 or greater
- 1 in 3 Americans are obese



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Sugar Shockers Mix & Match Game

(working in groups of 3-4 people)

Match the product on the right with the amount of sugar on the left by drawing a line from the food item to its sugar.

Orange Slice Soda – 12 oz	9 tsp sugar
Welch's Grape Juice - 11.5 oz can	8 tsp sugar
Gatorade - 20 oz	13 tsp sugar
Fruit Loops Cereal - 1 serving	16 tsp sugar
Starbucks Grande Mocha Frap.	15 tsp sugar
Yoplait Yogurt – 6 oz	10 tsp sugar
Sunny Delight Drink – 16 oz	12 tsp sugar
Rockstar Energy Drink	4 tsp sugar
16 oz Snapple Lemonade Iced Tea	14 tsp sugar



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Mix & Match Answers

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Obesity Risks

- Heart disease
- Type 2 diabetes
- Stroke
- Certain types of cancer
- Hypertension



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Soda

- Super sized servings
- Soda sweeteners contribute to weight gain
 - Sugar
 - High Fructose Corn Syrup
- Energy levels



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Sports Drinks

- Designed for athletes to use during endurance events, 90 min. or more
- Rebalances
 - electrolytes
 - carbohydrates
 - fluid (sodium)
- Choose water for stop and start sports or activities lasting less than an hour



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Energy Drinks

- Canned or bottled carbonated beverages loaded with:
 - Sugar
 - Caffeine
 - Herbal stimulants and supplements
- Caffeine and sugar jolt leads to crash

**Sugar
& caffeine**

**Energy
Crash!**



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Fruit Juice

- Choose 100% juice with no added sugar
 - Drink one 8 ounce serving a day
 - Watch your serving size
- Watch out for juice imposters
 - Read labels for clues



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Iced Tea

- Bottled iced teas high in sugar
- Brew your own
 - Choose black, green, white, oolong, or herbal tea
 - Limit sweeteners



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Milk

- A healthy beverage choice
- Good source of vitamins and minerals
- Choose low-fat or fat-free



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Water

- A great thirst quencher and hydrates your body
- Carries nutrients through the body
- Provides essential minerals:
 - Calcium
 - Magnesium
 - Fluoride
- Zero calories



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Beverage Guidelines

- Drink 8-12 cups of fluid a day
- Limit calories from beverages to 200 – 300 calories per day



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Restate Goals & Objectives

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Ah-ha Moments?

- What did you get from this session that you can use in your teaching?
- Do you have suggestions to make this session even better? Email me 😊
- Would you like a copy of this presentation? Sign-up on the email list to receive a copy/link.



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Thank you!

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References

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<http://www.mayoclinic.com/health/added-sugar/MY00845>

Network for a Healthy California : Mix and Match Game

University of Minnesota Extension: Healthy Beverage Choices

<http://www.extension.umn.edu/family/>

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