



Discussion Tree: Added Sugar

How much sugar do you think they add to a single serving cup of flavored yogurt?

My family doesn't like yogurt.

Maybe 5 grams?

You're not alone. I know yogurt isn't for everyone. What kind of dairy foods does your family prefer?

My family loves chocolate milk. It's probably loaded with sugar.

We buy almond milk.

Chocolate milk is dairy food! You're right that it can have added sugar in it. Some can have as much as 17g of added sugar. How many grams of added sugar do you think you should have in a day?

Great guess, but depending on the brand and flavor of yogurt it can range from 10-35 grams per serving. There's 16 grams of added sugar in this yogurt! How many grams of added sugar do you think you should have in a day?

Almond milk is a common dairy alternative. It's a good choice if your body doesn't process cow's milk. Something to be aware of is that it's not as high in protein and flavored options can have a lot of added sugar. Some have 13 g added sugar. How many grams of added sugar do you think you should have in a day?

20?

Um. I don't know. Maybe 50?

It's suggested that women get less than 25 grams and men less than 36 grams. So this flavored yogurt has more than half of what a women should have in a day. What are some ways you think you could decrease the amount of added sugar you have in a day?

"My kids love candy. I know that's a lot of sugar but I don't think it would go well if I took that away."

"We could try sugar free stuff. Is that bad?"

It's great to recognize that there is a lot of sugar in candy and that you kids' body may not need all of that sugar. We don't like to completely restrict food. I agree it might not go well. Maybe you can make easy to grab fruit available for snacks like fruit cups and limit the amount of candy that is eaten at a time?

That's a personal choice. Some people don't prefer the taste of sugar free foods or choose to avoid them. If your family enjoys them, it's a great way to reduce added sugar. Another idea is to try plain yogurt and add fruit to it to add flavor and natural sweetness.

While we focused on added sugar in dairy foods, added sugar is in a lot of foods. Investigate your labels to see which foods have added sugar. Identify foods that you can swap out for less added sugar. For foods you really enjoy and don't want to swap it, remember that you should work to limit your added sugar to 25 g for women or 36 for men. See what foods you can choose make sure you're not getting too much added sugar in your day.



Discussion Tree: Whole Grains

Are you familiar with whole grains?

"Yes"

What are some ways you like to incorporate whole grains into your snacks and meals?

"Sometimes I buy the pasta or Goldfish crackers that say 'whole grains' on them."

That's great! If you haven't explored the ingredient list on your food package. Flip it over to learn what kinds of grains it's made of. Here's a recipe you might enjoy incorporating whole grains in a different way.

"I like cereal for breakfast."

Awesome! I encourage you to check the ingredient list of your favorite cereal when you get home and see if the first ingredient is whole grains. You might be surprised! If not, look for a cereal you might enjoy that has whole grains listed as the first ingredient.

"I don't know right now, I only eat them every once in a while."

That's ok! You might be eating more whole grains than you think! They're great because they keep you fuller longer since they are full of fiber. What do you enjoy eating for breakfast?

"I'm not typically a breakfast eater."

A lot of people share they don't eat breakfast. What kind of grain foods do you enjoy?

"Rice? Granola Bars? Cookies?"

Those are all grains! There are many forms of whole grains like brown rice, bread, granola bars, corn tortillas. The goal is that at least half of your grain choices are "Whole grain." Check the ingredient list on the back or side of the package to see if "whole grain" or "whole wheat" is one of the first ingredients. Maybe you can find a new one to try?

"No"

You're not alone. They are essential to a balanced diet because they contain all the parts of the grain that give us fiber, other essential nutrients, and energy. Refined grains are only the starchy inside, so they don't keep us full or fueled as long. Some grains are rice, wheat, corn, and oats. What foods does your family enjoy that are made of grains?

"The cereal I eat might be whole grain, I'll have to look when I get home."

That's awesome! The best way to know is to look at the ingredient list under the nutrition facts and whole grains will be listed first, like this (show them where to find it on an example). Other ways I like to incorporate whole grains is by eating brown rice mixed with spinach and parmesan cheese or adding it to a soup in place of pasta or white rice. I also love making chicken enchiladas with corn tortillas instead of flour tortillas. Here's a recipe you might enjoy to incorporate whole grains.

"Rice, corn. I can hardly get them to eat anything. They only eat rice if it's fried rice when we get takeout."

That's understandable. A lot of cereals are made of whole grains. If they eat cereal, what do you think about looking at the ingredient list to find out if it's whole grain?

"They're pretty stubborn but maybe we can check."

That's great. Exploring food with kids can help them feel more involved in the decision and can be more receptive. Maybe start with a small change like finding a cereal that has "whole grain" listed in the ingredients on the side of the box. They will keep them fueled longer and maybe less cranky from a sugar rush.