

Sugar Savvy Workshop
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2

Activity:

- Using the nutrition facts, calculate the number of teaspoons of sugar.
- Determine how many teaspoons you would have left in a day, or how many day's worth of sugar the product contains, assuming all sugar is *added*.
- In the ingredient list, circle all the names of sugar. Write down the number of names you found.
- Guess the product.

1

Serving size 1 bar (24g)

Amount per serving	
Calories 100	Calories from Fat 30
	<small>% Daily Value</small>
Total Fat 3.5g	5%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Calcium 8%	Iron 2%

Not a significant source of Cholesterol, Vitamin A, Vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	less than 65g	80g
Sat. Fat	less than 20g	25g
Cholesterol	less than 300mg	300mg
Sodium	less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients
 GRANOLA (WHOLE GRAIN ROLLED OATS, BROWNSUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRYMILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOABUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), INVERTSUGAR, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, SOYBEAN OIL. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), CITRIC ACID.

*The nutrition facts of some club pack offerings may differ. Check your label.

CONTAINS WHEAT, COCONUT, SOY AND MILK INGREDIENTS.

MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

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Nutrition Facts
 Serving Size 1 Cup (53g)

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	190	230
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 200mg	8%	11%
Potassium 210mg	6%	12%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 4g	17%	17%
Sugars 19g		
Protein 4g		
Vitamin A	10%	15%
Vitamin C	2%	4%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Whole grain wheat, sugar, raisins, rice, wheat bran, whole grain oats, brown sugar syrup, glycerin, corn syrup, contains 2% or less of salt, malt flavor, modified corn starch, molasses, palm oil, cinnamon, honey, natural and artificial flavor, BHT for freshness.

Vitamins and Minerals: Niacinamide, reduced iron, vitamin C (ascorbic acid and sodium ascorbate), zinc oxide, vitamin B₆ (pyridoxine hydrochloride), vitamin A palmitate, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.

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3

Ingredients: WATER, HIGH FRUCTOSE CORN SYRUP, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), APPLE CIDER VINEGAR, SOYBEAN OIL, TOASTED SESAME SEEDS, CONTAINS LESS THAN 2% OF GINGER, GARLIC, CARAMEL COLOR, PHOSPHORIC ACID, XANTHAN GUM, GARLIC JUICE, VINEGAR, PROPYLENE GLYCOL ALGINATE, POLYSORBATE 60, NATURAL FLAVOR, SPICE, SALT, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). CONTAINS: SOY, WHEAT, SESAME SEED.

Size: 16 FL OZ
Upc: 2100001409

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Nutrition Facts
 Serving Size 33g
 Servings per Container about 16

Amount Per Serving	
Calories 50	Calories from Fat 20
	<small>% Daily Value*</small>
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholest	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Fiber	25g	30g

4

Nutrition Facts:

Serving Size: 10 oz (238g)

Servings Per Container: 1

Amount per Serving	%Daily Value
Calories 320	
Calories from Fat 35	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 380mg	16%
Potassium 600mg	17%
Total Carbohydrate 55g	18%
Dietary Fiber 6g	24%
Sugars 25g	
Protein 18g	25%
Vitamin A	6%
80% Vitamin A as beta-carotene	
Calcium	6%
Iron	10%

Ingredients:

Cooked **Kashi®** Pilaf (water, whole: oats, long grain brown rice, rye, hard red winter wheat, triticale, buckwheat, dehulled barley, sesame seeds), cooked chicken (chicken breast, water, chicken flavor [dehydrated chicken broth, chicken powder, and natural flavor], rice starch, carrageenan, salt), evaporated cane juice, water, roasted green beans (green beans, extra virgin olive oil), white vinegar (distilled vinegar, water), red bell peppers, edamame (soybeans), roasted yellow bell peppers, organic tomato ketchup (water, organic tomato paste, sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, organic spices), onions, crimini mushrooms, rice starch, concentrated pineapple juice, tomato paste, ginger puree (ginger, water), garlic (garlic, water), apple juice concentrate (concentrated apple juice, water, ascorbic acid [vitamin C]), citric acid.
 Allergen Statement: CONTAINS WHEAT, MILK AND SOY INGREDIENTS.
 Diabetic Exchange: 3 1/2 carbohydrates, 3 very lean meats
 Kosher Certification: not Kosher

1. _____ 2. _____ 3. _____
 4. _____

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Ingredients: HIGH FRUCTOSE CORN SYRUP, VINEGAR, WATER, TOMATO PASTE, MODIFIED CORNSTARCH, MOLASSES, CONTAINS LESS THAN 2% OF SALT, NATURAL HICKORY SMOKE FLAVOR, DRIED GARLIC, MUSTARD FLOUR, POTASSIUM SORBATE (TO PRESERVE FRESHNESS) SPICE, DRIED ONIONS, CARAMEL COLOR, PAPRIKA.
Size: 17.5 OZ
Upc: 2100003874

Nutrition Facts

Serving Size 35g		Servings per Container about 14	
Amount Per Serving			
Calories	50	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	270mg		11%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	10g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

6

Ingredients:

Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Cocoa* (Processed With Alkali), Skim Milk, Gelatin, Glycerin, Leavening (Baking Soda And/Or Sodium Acid Pyrophosphate And/Or Calcium Phosphate), Emulsifiers* (Mono- And Diglycerides, Soy Lecithin), Cornstarch, Chocolate*, Modified Cornstarch, Salt, Potassium Sorbate Added to Preserve Freshness, Artificial Flavor. Contains: Wheat, Milk, Soy. *Adds A Trivial Amount of Fat.

1. _____ 2. _____ 3. _____
 4. _____

Nutrition Facts

Serving Size 16 G
 Servings Per Container 12

Amount Per Serving	
Calories	50
Calories From Fat	0
% Daily Value	
Total Fat 0 G	0
Saturated Fat 0 G	0
Trans Fat 0 G	0
Cholesterol 0 Mg	0
Sodium 25 Mg	1
Total Carbohydrate 12 G	4
Dietary Fiber 0 G	0
Sugars 7 G	
Protein <1 G	0
Vitamin A	0
Vitamin C	0
Calcium	0

(-) Information is currently not available for this nutrient.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

1. _____
 2. _____
 3. _____
 4. _____