



Teaching Young Children to “Be Sugar Savvy”

Training Curriculum For Children ages 0-5, their families or professionals working with young children

Be Sugar Savvy curriculum created by Alameda County Department of Public Health and adapted by FIRST 5 Santa Clara County for ages 0-5

I. Just the Facts

- Show four facts below with multiple choice answers (either on butcher paper or on power point slide)
- Have people guess answers and **give small prizes (stickers) to those who answered correctly**

Questions:

- 1) It's been recommended to keep a child's sugar intake to less than X grams per day.
- A: 25 grams/day = 6 teaspoons
 - B: 50 grams/day = 12-13 teaspoons
 - C: 60 grams/day = 15 teaspoons
 - D: 70 grams/day = 17-18 teaspoons

Answer - **B** – 50 grams/day = 12-13 teaspoons

- 2) The American Academy of Pediatrics recommends for children under 6 months that they limit their intake of juice to ____ ounces daily.
- A: 0 ounces
 - B: 2 ounces
 - C: 6 ounces

Answer - **A** – 0 ozs.

- 3) For children over 2 years old, it is recommended that children drink what type of milk:
- A: Whole Milk
 - B: Skim Milk
 - C: Lowfat Milk
 - D: B or C

Answer - **D** both B or C (skim or lowfat)

- 4) A 2009 study found that ____% of children ages 2-11 consume at least one soda or sugar sweetened beverage per day?
- A: 19%
 - B: 36%
 - C: 41%
 - D: 53%

Answer – **C: 41%**

Source: S. Babey, M. Jones, H.Yu and H. Goldstein. Bubbling Over: Soda Consumption and Its Link to Obesity in California, UCLA Center for Health Policy Research Policy Brief, September 2009

II. Guess the Grams

- In a bag, put several sample drinks/foods that appeal to children that contain high volumes of sugar per serving. Cover the back of the items where it lists the grams of sugar. (Use products in the table below)
- Roam around the room and have one participant at a time pull each item out of the bag and read off what the product is.
- Have a table set up in front of the room
- **Have each participant bring the item to the front of the room, and place them on a table in order by “best guess” of how much sugar is in the product from “Greatest” to “Least”**
- Ask group if they found it hard to determine by guessing which products had the most sugar
- Ask people: How do you know how much sugar is in a gram?

Tell them about the following calculation:

Grams of sugar ÷ 4 = teaspoons of sugar

(example for a 20 oz soda: 69 grams ÷ 4 ≈ 17 teaspoons of sugar)

- **Walk around with bag that contains sugar packets in it that are equal to amount of sugar in each product from the table below. Have volunteers pull each sugar packet/bottle out of the bag and show everyone how much sugar is in each packet. Place the packets next to the items that are displayed on the table. Re-order the items on the table to reflect the chart below which is Greatest to Least.**

Item	Grams of sugar	Teaspoons of sugar
Coke – 20 oz bottle	2 servings – 65 grams	16-17 tsps
Sunkist – 12 oz can	50 grams	12-13 tsps
Jarritos Mandarin Soda – 13.5 oz bottle	29 grams x 1.65 servings = 49 grams	12 tsps
Coke – 12 oz can	39 grams	10 tsps
Apple Juice – 10 oz bottle	36 grams (4 oz = 14.4 grms)	9 tsps
Chocolate Milk Box – 8 oz box	29 grams	7 tsps
Lemonade (Minute Maid)– 6.75 oz box	24 grams	6 tsps
100% Juice (Minute Maid) – 6.75 oz box	23 grams	5.5 tsps
Kool Aid Juice pouch Sun – 6 oz	19 grams	5 tsps
Gatorade Juice box – 8.45 oz box	15 grams	3-4 tsps
Kid Fuel – 8 oz bottle	13 grams	3 tsps

Make the following point:

Juice is also loaded with sugar – two small 100% juice boxes (6.75 oz each) contain more sugar than one can of soda.

Sugary Details:

- Show scale picture from Powerpoint: An average 4-5 year old consumes 64.5 lbs of added sugar per year. That is 60% more sugar than his or her body weight.¹

¹ S. Daniels, Does increased added sugar lead to decreased diet quality?, *Journal of Pediatrics*, January 2005, Volume 146, Issue 1;

III. FIRST 5's Top 5 Reasons Children Over-consume Sugar

FIRST 5's Top 5 Reasons Children Overconsume Sugar

- 1) Marketing Ploy #1- products with sugar are marketed to children using characters that attract them
 - Buy and review Lucky Charms, Dora yogurt and My Little Pony fruit snack products that are targeted to children
Lucky Charms – 11g Dora Yogurt – 13 g Little Pony Fruit Treats – 13 g
- 2) Marketing Ploy #2 – unhealthy products are marketed to children through toys and baby gear
 - **show pictures from Powerpoint of M&M book and 7-up bottle**
- 3) Marketing Ploy #3 - products are labeled “healthy” when they are not and are misleading
 - **Show product boxes of Capri Sun, Safeway Brand “Eating Right” Ice Cream and “Eating Right” Fruity Ringlet Cereal**
 - **Review sugar content of products and make point that they still contain a lot of sugar even though these products are labeled “eating right”**
- 4) Kids influence what parents will buy
 - 2006 study with over 1,300 children from diverse backgrounds and their parents (including families from San Francisco), found that over 50% of parents utilize their children’s input when purchasing snacks, breakfast foods and other packaged food brands.
 - Make the point that children don’t understand nutritional content of products so if parents are solely utilizing children’s input to buy products, children are going to choose what looks good, not what’s good for them
- 5) Parents often don’t understand what is in a product
 - **Share the Cereal Bar Handout that shows that sugar in a product is listed under more complicated names so often times parents may not be aware that a product has sugar if they are just looking at the ingredient list**

IV. Sugar All Around

Even if a child doesn't drink soda or consume two juice boxes/day, let's see just how much added sugar might be consumed in a day.

A. Share "Sugar Shockers Handout"

- Do you recognize any drinks or foods on here that you consume?
- How much sugar do they have? Does that surprise you?

B. Ethan Needs to Rethink His Drink

- First, I would like to introduce you to my friend, Ethan— he is about 5 years old. I am going to walk you through Ethan's day. (Show picture of Ethan – a cardboard cutout of a child that has a clear Tupperware bowl in his tummy)
- Take note of how these 5 simple drink choices can make a big impact on a child's health

Ethan's Not So Good Day

- Breakfast –Hot Chocolate – 5 tsps sugar (Pour cup with 5 tsps sugar into tupperware in Ethan's belly)
- Morning snack –lemonade juice box– 6 tsps (Pour cup with 6 tsps sugar into Tupperware in Ethan's belly)
- Lunch –Orange Soda – 12 tsps (Pour cup with 12 tsps sugar into tupperware in Ethan's belly)
- Afternoon snack –Gatorade –5 tsps (Pour cup with 5 tsps sugar into tupperware in Ethan's belly)
- Dinner –chocolate milk – 3 1/2 tsps Pour cup with 3.5 tsps sugar into tupperware in Ethan's belly)

Daily total = over **30 teaspoons** of sugar from these beverages

- In a week these 30 teaspoons a day quickly multiply to 210 teaspoons or just over 2 pounds of sugar (Pour in 6 Dixie cups, each filled with 30 teaspoons of sugar – Count down the days as each cup is poured – Monday, Tuesday, Wednesday etc.)
- Multiply that across 52 weeks and our 4-5 year old has now consumed almost 114 pounds of sugar in a year

Let's see if we can make some better choices about what to serve Ethan:

Ethan's Better Day

- Breakfast – Sunny D – 3 tsps sugar (Pour cup with 3 tsps sugar into Ethan's belly)
- Morning snack – water – 0 tsps
- Lunch – Coke– 10 tsps (Pour cup with 10 tsps sugar into Ethan's belly)
- Afternoon snack – juice pouch – 4.5 tsps sugar (pour cup with 4.5 tsps in Ethan's belly)
- Dinner – milk – 0 tsps

Daily total = around **17 teaspoons** of sugar from 3 sugary beverages alone (this doesn't include added sugar from snacks and candy)

- In a week these 17 teaspoons a day quickly multiply to **119 teaspoons or 1 ¼ pounds of added sugar** (Pour in 6 Dixie cups, each filled with 17 teaspoons of sugar – Count down the days as each cup is poured – Monday, Tuesday, Wednesday etc.)
- Multiply that across 52 weeks and our 4-5 year old has consumed almost 65 pounds of sugar in a year– again this is from sweetened beverages alone – it doesn't even take into account sugar from snacks and candy!!!

Ethan's Best Day

Replace the coke, the Sunny D and juice pouch with milk and water and Ethan has consumed 0 grams of added sugar through drinks. Milk and water are the best choices for children!

C. Eat this, Not That

We also need to watch what we feed Ethan.
Sugar is hidden in a lot of foods that we don't know about.

Let's see how a few choices a day can really impact how much sugar a child consumes from foods.

Hand out audience members, pairs of foods:

- 1) Fruit Loops Cereal and Cheerios (1 cup of each)
- 2) Dora the Explorer Yogurt (4 oz cup) and Lucerne brand/Safeway brand light yogurt (6 oz cup)
- 3) Can of spaghettiOs and can of Eating Right Safeway brand Mini Ravioli
- 4) Packet of "My Little Pony" fruit snacks and packet of Goldfish crackers
- 5) "Eating Right" Safeway Brand Ice Cream Cup and Sugar Free Popsicle Box

Have each audience member read off the sugar contained in each product pair and state which one is a healthier choice (refer to chart below to see which one has less sugar)

After all the pairs of products are shown, show two clear cups with sugar in them:
One cup filled with 16.75 teaspoons if a child were to consume the higher sugar items
One cup filled with 3.75 teaspoons if a child were to consume the lower sugar items

That is quite a difference – nearly 5 times as much sugar would have been consumed with the higher sugar items.

High in Sugar Item	Tsp of Added Sugar	Lower in Sugar	Tsp of added Sugar
Fruit Loops Cereal	4 teaspoons/cup	Cheerios	.25 teaspoons
Dora Yogurt – 4oz	3.25 teaspoons	Light Yogurt 6 oz	2.5 tsps
SpaghettiOs	3-4 teaspoons	Mini Ravioli	1 tsps
Fruit Snacks	3 teaspoons	Goldfish	0 tsps
Ice Cream Cup	3 teaspoons	Sugar Free popsicles	0 tsps
	16.75 teaspoons		3.75 teaspoons total

V. Take Aways

- 1) Limit sugar intake - check the label on products!
- 2) The best drink choices: water or low-fat milk

For questions/additional resources please contact: Jo Seavey-Hultquist, FIRST 5 Santa Clara County, (408) 260-3720 or Joanne@first5kids.org