

FALL



FRESH & HEALTHY

HEALTHY LIFESTYLE TIPS

Sweet Talk: Understanding Sugars

Sugar is a main ingredient in cakes, candy, cookies and soda. However, did you know sugar is added to many common foods, such as ketchup and salad dressing? Sugar also is found in foods such as fruit, milk and whole grains.

It's no wonder the topic of sugar can be confusing. Let's break it down:

Natural Sugars: Foods that naturally contain simple carbohydrates, including fructose, lactose, glucose and maltose.

Examples of foods with natural sugars:

- Fruit
- Milk
- Yogurt
- Grains
- Vegetables

Eating *more* of these foods is a good choice because they also contain many other high quality nutrients such as fiber, protein, vitamins and minerals our bodies need to grow and thrive.

Added Sugars: Any ingredient with the words “sugar” or “syrup” or ending in “-ose” added to processed foods. Foods that naturally contain simple carbohydrates, including fructose, lactose, glucose and maltose.

Examples of ingredients that are added sugars:

- Cane sugar
- Brown sugar
- Coconut sugar
- Honey
- Maple syrup
- Corn syrup
- Molasses
- Agave Nectar
- Fructose
- Sucrose
- Dextrose

Eating *less* added sugar is a good choice because these sugars are considered empty calories. Beyond providing quick fuel for the body, they do more harm than good when eaten regularly.

Hidden Added Sugars: Surprise! Processed foods you might never think are sweet – such as bread or peanut butter – sometimes have added sugars. Read the ingredient list and the nutrition labels of these foods when you shop and choose lower sugar or unsweetened options.

Examples of processed foods often with added sugar:

- Ketchup
- Salad dressings
- Pasta sauce
- Peanut butter
- Bread
- Boxed cereals
- Frozen foods
- Canned fruit
- Granola bars
- Flavored yogurts
- Barbecue sauce and other condiments





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Make a Better-For-You Dessert Tonight

Berry Banana Oat Bake

Makes 6 servings

Ingredients:

3 tablespoons unsalted butter, room temperature
2 ripe bananas, peeled and sliced
1 cup blueberries
1 cup rolled oats
½ cup walnuts or peanuts, finely chopped
1½ teaspoons cinnamon
1 teaspoon honey or maple syrup

Instructions:

- 1) Preheat oven to 375 degrees Fahrenheit.
- 2) (KID STEP) Grease an oven-safe baking dish with 1 tablespoon butter.
- 3) (KID STEP) Layer bananas on bottom. Top with blueberries.
- 4) (KID STEP) In a small bowl, mix oats, walnuts, cinnamon, remaining butter and honey. Use your fingers to crumble ingredients together.
- 5) (KID STEP) Sprinkle oat mixture over fruit.
- 6) Bake for 30 minutes or until topping is golden brown.

Adapted from: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/>

9 Ways to Cut Back on Your Family's Added Sugars – Without Sacrificing Taste:

- 1) Buy plain yogurt and sweeten it with applesauce or frozen fruit.
- 2) Omit 1/4 to 1/3 cup sugar from baked good recipes.
- 3) Look for cereals with 5 grams of sugar per serving or less.
- 4) Dilute fruit and sports drinks with water or seltzer.
- 5) Add mashed banana to sweeten old-fashioned oats instead of buying flavored oatmeal.
- 6) For pasta sauce, buy canned pureed tomatoes and add your own spices.
- 7) Whisk up a salad dressing with 3 tablespoons oil + 1 tablespoon vinegar + black pepper + your favorite herbs.
- 8) Slowly cut back any sugar you add to coffee or teas to half the amount.
- 9) Serve smaller portions of dessert with fruit added to the plates.



Smart Phone App for sugar tracking:

Sugar Rush by Fooducate (free) – This app tells you the amount of added and natural sugars in your grocery store purchases. Simply scan the product bar code and the numbers will pop up.



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you.
visit myhealthyforlife.com



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