Audio Transcript for Sugar-Sweetened Beverages for Preschool Children

About This Course

Welcome to the Head Start online course, Sugar-sweetened beverages!

Consumption of sugar-sweetened beverages, such as soft drinks, fruit drinks, and sports drinks, has become common place in the diet of many children. This course provides information on how to limit sugar-sweetened beverages in your child's diet.

You will learn…

- What a sugar-sweetened beverage is
- How to determine if a beverage contains added sugar.
- How to calculate the amount of sugar in one serving of a beverage.
- Healthy tips to reduce the amount of sugar-sweetened beverages your child consumes.

What are sugar-sweetened beverages?

Sugar-sweetened beverages are drinks that contain added sugar and other sweeteners that provide your child's body with "empty calories," not with the nutrients necessary to grow.

In a preschool child's diet this is of particular concern when sugar-sweetened beverages take the place of more nutritious beverages in the diet.

Click on orange drink to read about empty calories. Empty calories are calories from foods or beverages that provide the body with little or no nutritional value. Empty calories do not provide the body with vitamins and minerals needed for growth, development, and overall health.

For example, soda contains empty calories from sugar. When children drink soda in place of low-fat milk they are missing out on an important source of calcium and Vitamin D that milk provides.

Natural Sugars vs. Added Sugars

It is important to make a distinction between **natural and added sugars**. Some foods and beverages naturally contain sugar where other items have sugar added in for extra sweetness.

Milk naturally contains the sugar lactose and fruit naturally contains the sugar fructose.

Healthy Tip: When your child consumes milk and fruit they also get many vitamins, minerals, and antioxidants that support growth and development.

Assess Your Knowledge

Can you guess which is the greatest source of added sugar in the American diet for children 2 years and older? Select the items to find out.

Snacks and sweets account for 31% added sugar in the American diet. Fruits and 100% fruit juices account for 1% added sugar in the American diet.

The correct answer is soft drinks, fruit, sports, and energy drinks, which account for 39% added sugar in the American diet.

Added Sugars in Our Diets

Many typical preschoolers consume sugar-sweetened beverages daily. It is recommended that added sugars be reduced to no more than 10% of daily calories. Consuming more than 10% makes it difficult to follow a healthy eating pattern. Let's find out why. A typical day for Nina includes the consumption of the following drinks.

Select the buttons to see the "empty" calories that Nina consumes daily in sweetened beverages alone. This example is based on a daily intake of 1600 calories. In the morning, Nina consumes an 8 oz flavored drink, not 100% juice, which contains approximately 110 empty calories. At lunch time, Nina typically consumes a 12-oz soda, which contains 150 empty calories from added sugars. In the evening, Nina enjoys her 8-ounce cherry slushy which contains approximately 200 empty calories.

In one day, Nina can consume 460 empty calories from sugar sweetened beverages alone. This represents 28% of added sugars in her daily diet.

Health Concerns

With the consumption of sugar-sweetened beverages comes an increase of health concerns. Excess calories from sugar-sweetened beverages can lead to weight gain in children, which can contribute to the development of chronic diseases in adulthood. Weight gain can lead to chronic diseases, such as asthma, diabetes, high blood pressure, high cholesterol, and other chronic diseases.

Dental Health Concerns

Consuming an excess amount of sugar-sweetened drinks also increases the ***risk of dental cavities*** from the added sugar and sweeteners. Bacteria in the mouth use sugar for energy to grow. The more sugar that is available, the more bacterial growth that can occur. This bacteria causes tooth decay. As the amount of sugar consumed and the frequency in which it is consumed throughout the day increase, so does the risk of dental cavities.

Added Sugars, or Not?

To know if a beverage contains added sugars, read the food label and look for potential sources. Search for key words in the ingredient list that indicate ***sugar has been added*** to the product. Use the formula on the next page to determine the quantity of teaspoons of sugar it contains! The label with nutrition facts shows that a can of soda contains 44 grams of added sugars and high fructose corn syrup. The added sugars is equivalent to 11 teaspoons of sugar! Common sugars include agave, brown sugar, cane sugar, corn-sweetener, corn syrup, high fructose corn syrup, fructose, fruit juice concentrate, glucose, honey, invert sugar, malt sugar, molasses, raw sugar, sucrose, sugar, syrup.

Let's calculate the sugar!

Select your favorite drink to find out the number of ***teaspoons of sugar*** contained in one 8 fluid ounce serving. The calculator automatically divides the grams of sugar by 4 to determine the equivalent teaspoons of sugar!

100% orange juice contains 6 teaspoons.

Apple juice contains 6.5 teaspoons.

Grape juice contains 9 teaspoons.

Lemonade contains 7 teaspoons.

Sweet tea contains 6 teaspoons.

Soda contains 6.5 teaspoons.

Fruit punch juice box contains 7 teaspoons.

Sports drink contains 3.5 teaspoons.

Raspberry slushy contains 7 teaspoons.

Use this formula: Divide grams of sugar by 4 to find teaspoons of sugar.

1 packet of sugar equals 1 teaspoon.

Watch those serving sizes!

The serving size of a beverage listed on the food label may be less than the amount you commonly drink. When determining the amount of added sugar in an item, remember to calculate the amount in the serving size you normally drink. See the following example.

A 20-oz bottle of soda contains 2.5 servings of soda (8-oz serving size) and 65 grams of added sugars. This equals to 16.25 teaspoons or packets of sugar!

Most people drink the entire bottle of soda, *not just 1 serving.* Download and try this sugar activity at home with your child.

Sugar Activity

Step 1: Select one of your child's favorite drinks.

Step 2: Look on the food label to determine the amount of sugar in one serving of the drink.

Step 3: Divide the grams of sugar by 4 to determine the number of teaspoons of sugar in one serving of the drink.

Step 4: Use teaspoons to measure out the amount of sugar in one serving of the drink onto a plate.

Step 5: Repeat the activity, but this time instead of calculating the amount of sugar in one serving of the drink – calculate the amount of sugar in the serving size your child normally drinks.

Example: If the serving size is ½ cup, but your child generally drinks 1 cup then your child is drinking 2 servings. When measuring the sugar out you would multiply the amount of sugar in one serving by 2.

What about fruit juice?

As you have learned, fruit juice contains the ***natural sugar fructose***. As a parent, you may be wondering if fruit juice is something you should be providing to your preschool child.

The key to including fruit juice in your child's diet is to make sure it is ***100% fruit juice*** and that portion sizes are limited.

100% fruit juice contains vitamins and minerals that can contribute to a child's total nutrient intake. Scroll label to see ingredients.

Healthy Tips: Restricting or eliminating fruit juice from a child's diet may actually result in the child drinking other less healthy options. Concern arises when children are drinking ***excessive amounts of fruit juice,*** above the recommended serving, especially at the expense of eating whole fruits. For children ages 1–6 years, the recommended serving size is ***4-6 ounces per day***.

Decreasing Sugar-Sweetened Beverages

If your preschooler consumes sugar-sweetened beverages and you are thinking of decreasing these from his/her diet, consider trying these winning alternatives.

Fruit juice: ***100% fruit juice*** can be part of a healthy diet, as long as serving size recommendations are followed. For children ages 1–6 years, the recommended serving size is ***4-6 ounces per day***.

Milk: Provide your child with ***1% or Fat Free Milk.*** The recommended serving size for children ages 1-8 is **2 to 2.5 cups per day**.

Sparkling waters: ***Flavored or sparkling waters*** without added sugar are other options for a flavor twist. Consider trying flavored water juice boxes that contain no added sugars or artificial sweeteners.

Infused waters: Try ***infused waters*** for a beverage with added natural flavorings. Infused waters are made by mixing a variety of fresh vegetables, fruits, and herbs for unique flavor combinations such as cucumber mint, blueberry lavender, and cherry lime. Check out these recipes! Go to http://dish.allrecipes.com/fresh-ideas-for-making-infused-water/

Water: Make ***water*** the "go to" choice for your child. Water is the top choice for children to drink throughout the day. Encourage your child to drink water by getting him/her a fun water bottle to carry around.

New and Improved Label

Identifying added sugar will soon be easier, as the Food and Drug Administration has updated the requirements for the Nutrition Facts label to include information on ***added sugar.*** Scroll bar to read.

The new label will also have updated requirements for ***serving sizes***. Serving sizes will now be based on the amount of food and beverages that people actually consume. Manufacturers have until July 2018 to comply with the requirements.

Congratulations! You have successfully completed this course. In this course you learned what a sugar-sweetened beverage is, how to determine if a beverage contains added sugar, and how to calculate the amount of sugar in one serving of a beverage. You also learned ideas for reducing the amount of sugar-sweetened beverages your child consumes. We hope you will use the information learned in this course to make beverage choices for your child that help to meet their nutrient needs without added sugar. Important: To print your Certificate of Completion, please certify that you have finished the course, then click Submit.