



A *Sweet* PART OF A HEALTHY DIET!

You've probably heard how important it is for you to eat a nutritious, balanced diet, but did you know that sugar can make a healthy diet more **palatable**?

Sugar is a **macronutrient**. There are three different types of macronutrients: carbohydrates, proteins and fats. Sugar is a carbohydrate. Fiber and starch, which also are found naturally in plants, are carbohydrates too. Carbohydrates and proteins supply your body with 4 calories per gram, while fats provide you with a whopping 9 calories per **gram**! A whole teaspoon of sugar has only 15 calories. If you eat more calories than you **expend**, no matter if the calories come from carbohydrates, proteins, or fats, the excess energy is stored as added weight on your body. That's why it's important to balance the food you eat with regular physical activity. And, it's important to remember that foods and beverages that don't provide nutritional value (vitamins and minerals) should not be the centerpiece of your diet but consumed as treats.

Don't forget to pay attention to your portion size. For perspective take this portion size quiz. <http://hp2010.nhlbihin.net/portion>

Sugar is a safe addition to a healthy, balanced diet. Sugar has been an important ingredient in people's diets for centuries and the subject of countless studies. When the full body of science is evaluated during a major review of scientific



literature, experts continue to conclude that sugar consumed in moderation is not a major contributing factor in diseases such as hyperactivity, diabetes and obesity.

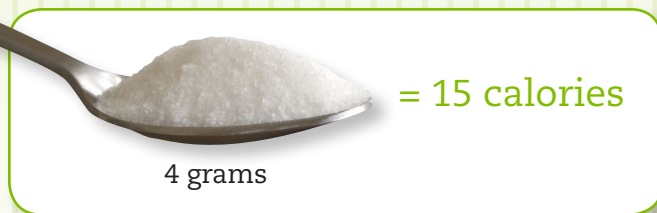
Listen to a diabetes expert – <http://diabetes.webmd.com/video/kahn-eating-sugar-cause-diabetes>

Carbohydrates can cause dental **caries** but the kind of carbohydrate isn't as important as the length of time it remains on your teeth. So, make sure you brush and floss after eating, and visit your dentist regularly!

Remember, making sure that fruits, vegetables, whole grains and other fiber and calcium-rich foods are the centerpiece of your diet is important. Sugar makes many of these healthful foods palatable, which helps contribute to intakes of important vitamins and minerals. Getting ready for breakfast? Go ahead, sprinkle a little brown sugar on that bowl of nutritious oatmeal. Sugar makes healthy foods taste even better so you want to eat them!

Glossary

- **palatable** - *adj.* tasty ... acceptable or agreeable
- **macronutrient** - *n.* a nutrient (a carbohydrate, protein, or fat) that is present in large quantities in foods
- **gram** - *n.* a unit of weight measurement. A gram weighs about as much as a small paper clip.
- **expend** - *v.* to burn up or use up
- **caries** - *n.* cavities; tooth decay



The Nutrition Facts panel found on food labels is the best source for learning what amount of each macronutrient is in the foods you eat. To be a smart shopper, it is important to know that the word “Sugars” on the Nutrition Facts label includes the sucrose, lactose and fructose that the food naturally contains, plus any other added sweetening ingredients used to make the food taste better. For example, an 8 ounce glass of milk contains 12 grams of lactose (a naturally-occurring sugar), but no added sweeteners. The Nutrition Facts label on a jar of strawberry jam reflects that there is 12 grams of “Sugars” in a serving (one tablespoon). The strawberry jam contains naturally-occurring sugars like sucrose, glucose and fructose that are already in the strawberries, but also sweeteners like table sugar and/or others that are added to make strawberry jam taste delicious. The conscientious consumer should read the “Ingredients” list of a food product to determine whether sugar or another type of sweetener has been added and what is best for their family.

Using the information in the Nutrition Facts panels, fill in the chart below to learn the amount of macronutrients in this meal. Don't forget to check the serving size.

- one apple
- one cup of milk
- a sandwich with 2 slices of bread
- 2 Tbsp peanut butter
- 2 Tbsp strawberry jam

Do the milk and apple
have sugars?
Where do they come
from?



| | PROTEIN | FAT | CARBOHYDRATE | SUGARS | CALORIES |
|----------------|---------|-----|--------------|--------|----------|
| Apple | | | | | |
| Milk | | | | | |
| Wheat Bread | | | | | |
| Peanut Butter | | | | | |
| Strawberry Jam | | | | | |
| Total | | | | | |

Whole Wheat Bread

Nutrition Facts
Serving Size 1 slice (34g)
Servings Per Container 20

| Amount Per Serving | % Daily Value* |
|------------------------|----------------------|
| Calories 90 | Calories from Fat 11 |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 4g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 4% |

*Percent Daily Values Based on a 2000 Calorie Diet

Peanut Butter

Nutrition Facts
Serving Size 2 Tbsp (32g)
Servings Per Container 15

| Amount Per Serving | % Daily Value* |
|-----------------------|-----------------------|
| Calories 190 | Calories from Fat 140 |
| Total Fat 17g | 25% |
| Saturated Fat 3g | 16% |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 8% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 9g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 2% |

*Percent Daily Values Based on a 2000 Calorie Diet

Strawberry Jam

Nutrition Facts
Serving Size 1 Tbsp (20g)
Servings Per Container About 44

| Amount Per Serving | % Daily Value* |
|------------------------|---------------------|
| Calories 50 | Calories from Fat 0 |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |

*Percent Daily Values Based on a 2000 Calorie Diet

Apple

Nutrition Facts
Serving Size 1 medium (125g)
Servings Per Container 1

| Amount Per Serving | % Daily Value* |
|------------------------|---------------------|
| Calories 65 | Calories from Fat 2 |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 3g | 12% |
| Sugars 13g | |
| Protein 0g | |
| Vitamin A 1% | Vitamin C 10% |
| Calcium 1% | Iron 1% |

*Percent Daily Values Based on a 2000 Calorie Diet

2% Low-fat Milk

Nutrition Facts
Serving Size 1 cup (236 ml)
Servings Per Container 1

| Amount Per Serving | % Daily Value* |
|------------------------|----------------------|
| Calories 130 | Calories from Fat 45 |
| Total Fat 5g | 8% |
| Saturated Fat 3g | 15% |
| Cholesterol 20mg | 7% |
| Sodium 135mg | 6% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A 10% | Vitamin C 2% |
| Calcium 30% | Iron 0% |

*Percent Daily Values Based on a 2000 Calorie Diet

Project:

Use food labels at home to figure out how much of each macronutrient you eat in one day. Don't forget to include snacks. Be sure to check the serving size. If you eat two servings, double the numbers! Make a graph like the one above to show all the macronutrients you eat in a day.