



## Lesson 3: Winning the Balance Game



# Sugar Sweetened Foods

### Natural Sugars versus Added Sugars

**Natural Sugars**—Natural sugars are in many foods. Which food group has natural sugar? The Fruits Group. That’s why fruit is sweet! Natural sugar is called fructose. Watch out for fructose in “added sugar” foods. If it’s been added to a food, it’s been highly processed and is not natural.

**Added Sugars**—Added sugars can have many names. And, added sugar can be in many foods including beverages, breakfast cereals, baked goods, breads, candy, peanut butter, ketchup and even canned foods! Look for “added sugar” on the nutrition facts label.

### How to tell if a food has natural sugar?

**Is it a Whole Food?** Whole foods, like an apple or melon only have natural sugar. Nothing has been added! Processed foods usually have “added” ingredients, and may have added sugar.

### What other names are used for sugar?

- corn syrup
- cane sugar
- malt syrup
- raw sugar
- sucrose
- dextrose



Plus, many other names! The MyPlate guide offers more “added sugar” names to watch for.

### From Paper to Plate Activities this Week

1. What is sugar?  
Check out the Sugar Sweetened Beverages handout to find out!



2. Complete the Beverage Balance activity sheet.





# Lesson 3

"Winning the Balance Game"

## Added Sugar



### What's In Your Glass?

# The Beverage Balance

Which drinks have a lot of added sugar?



- ☐ lots of added sugar
- ☐ lots of natural sugar
- ☐ little to no sugar



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- ☐ lots of natural sugar
- ☐ little to no sugar



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Check the nutrition facts labels to see how much added sugar is in your drink. Look up the nutrition facts online for beverages sold at stores.



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# Added Sugar



# The Beverage Balance

## How much added sugar is in your drinks?

### BEVERAGE #1

The nutrition facts label shows that a glass of juice has 20g of sugar. If each sugar cube has 4g of sugar, how many sugar cubes are in this glass of juice? \_\_\_\_\_

*Hint: divide the total sugar (20g) by 4 (4g per cube) to get the number of sugar cubes.*



### BEVERAGE #2

Which beverage has no sugar?

\_\_\_\_\_

## How many cubes in each drink?

Write your answers in the boxes.

- Cola = 64g
- Bubble tea = 38g
- Macchiato coffee = 33g
- Whole milk = 13g
- Berry smoothie = 20g
- Orange juice = 24g
- Chocolate milk = 24g
- Water = 0g

*If you have sugar cubes, stack up the the number of cubes in each drink.*







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# Added Sugar



## What's In Your Glass?

# Sugar Sweetened Beverages



### What is sugar?

Sugar is a simple carbohydrate. It can give you quick energy, but only for a short time. That's why you may feel tired after a boost of energy from eating sugar.

### Sugar tastes good. So why is it unhealthy?

There are many reasons lots of foods have added sugar. It can make foods taste good!

Too much sugar in the diet is not good. Eating too much sugar can lead to cavities in your teeth. It can turn to fat in the body, so you can gain extra weight. Added sugars are considered "empty calories" because they provide little to no nutrients.