

Kids Kitchen: Scope Out SUGAR

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Which one has more sugar?

Brian can't figure out what the better choices would be. Can you help Brian figure out which food he should choose? Circle the food choices below that have the least amount of sugar in them.

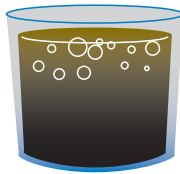


4 oz orange juice
(8 g sugar)

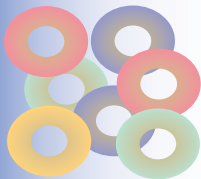


or

4 oz soda
(10 g sugar)

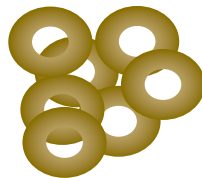


1 cup fruity hoops
(13 g sugar)



or

1 cup toasted oats
(1 g sugar)



½ cup fruit
(4 g sugar)



or

4 oz fruit drink
(15 g sugar)



Sugar Traffic Light

Find a food label or think about a food that has:

- a lot of sugar in it (STOP)
- a little bit of sugar in it (SLOW)
- and one that doesn't have very much sugar in it (GO)



STOP!

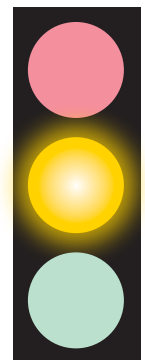
Limit this food.

Food _____
_____ g of sugar

SLOW DOWN!

Eat this food sometimes.

Food _____
_____ g of sugar



GO!

Great food choice! Eat more often.

Food _____
_____ g of sugar



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