

**SUGAR – HOW MUCH IS
TOO MUCH
2.0 HOURS**

ILLINOIS CHILD CARE BUREAU

Name _____ Phone _____

Address _____ City _____ Zip _____

Provider Signature

Date Completed

1. How much sugar does the average American consume each week? _____
2. In the last 20 years, we have increased sugar consumption in the U.S. from 26 pounds to 135 lbs. of sugar per person per year! T F
3. Children who consume the most sugar also eat plenty of grains, fruits and vegetables. T F
4. Since a child's food consumption habits are formed at a very young age, an overload of sugar in those pre-school years can lead to a life long habit of too much sugar. T F
5. Refined dietary sugars lack vitamins and minerals and are considered "empty" calories. T F
6. Foods that are high in sugar are often high in calories and over-eating these foods can lead to weight gain and contribute to a person being at risk for diabetes. T F
7. Major researchers and major health organizations (American Dietetic Association and American Diabetic Association) agree that sugar consumption in America is one of the 3 major causes of degenerative disease. T F
8. The immune system is not affected by eating too much sugar. T F
9. Research suggests that the sugar, _____, hinders the appetite regulating mechanism in the human brain.
10. Study the label from a processed food item, (jelly, syrup, muffin mix, etc) and list all of the "code names" of added sugars. (See page 6)

11. On the Nutrition Facts label, where would you find the amount of added sugar in a product?

12. If cereal choices are not made carefully, breakfast can be the most sugary meal of the day. T F
13. Sugary cereals are marketed heavily to children who tend to eat larger servings than the suggested serving portion. T F
14. You will get the most value for your nutrition dollar if you buy cereals with less added sugar. T F
15. Experts are highly in favor of giving children "artificial sweeteners". T F
16. Aspartame or Nutrasweet is _____ times sweeter than sugar.
17. What is the "rule of thumb" to follow when using artificial sweeteners? _____
18. The USDA recommends that an adult eat no more than _____ teaspoons or _____ grams of added sugar per day.
19. Complete the Sugar Detection Worksheet (*page 13*) to see how much sugar you consume on one day.
20. Of the **Tips to Reducing Sugar Intake** (*page 11 and 12*), which ones will you use to reduce the added sugar intake of you, your family and daycare children?
