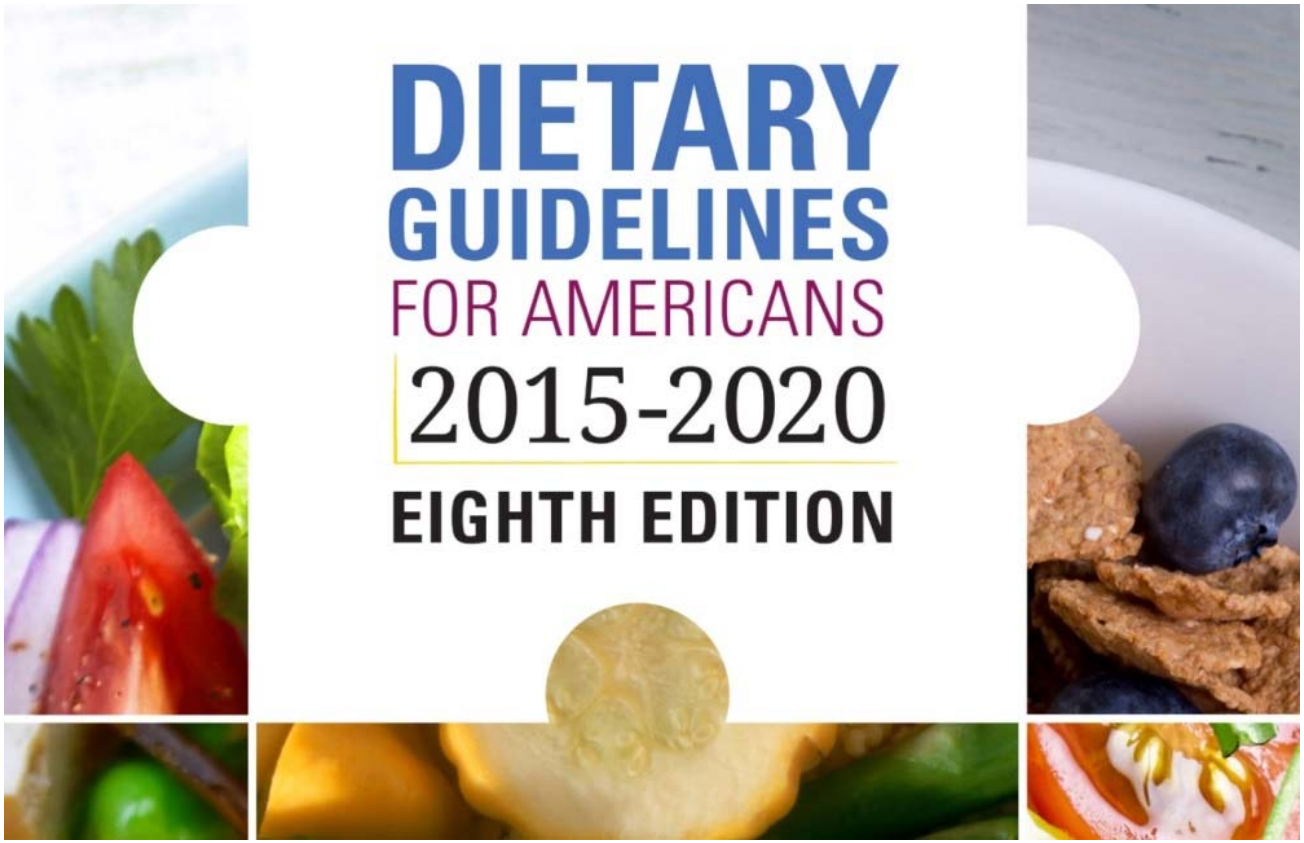
On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to welcome you to the California SNAP-Ed training: **The Sweet Truth: 2015 DGA Recommendations about Sugar**

The Sweet Truth: 2015 DGA Recommendations about Sugar



CDSS
CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

CDPH
California Department of Public Health

California Department of Aging

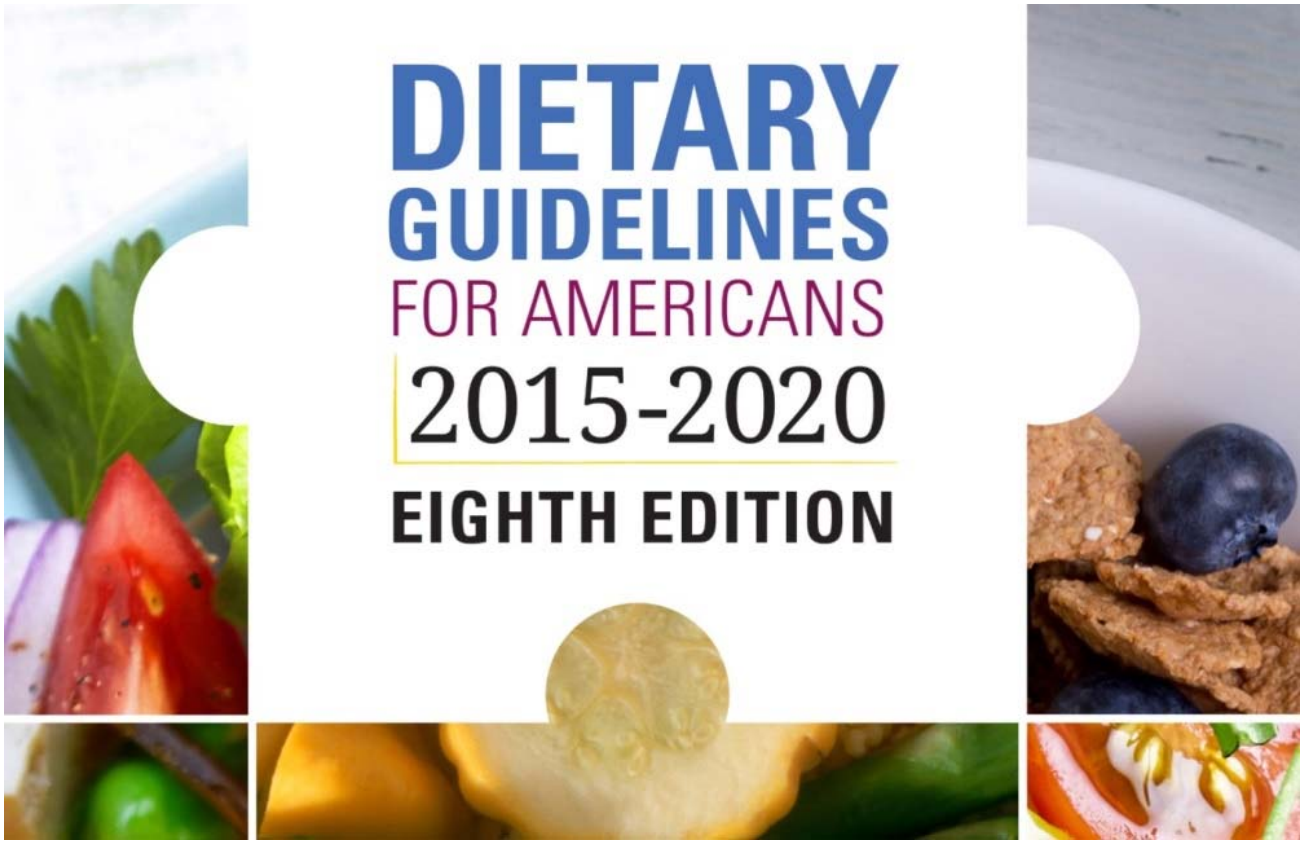
University of California
calfresh Nutrition Education

Catholic Charities of California

Where was sugar discovered?

Where was sugar discovered?

The Sweet Truth: 2015 DGA Recommendations about Sugar



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Trivia

How much money is spent on sugar every year around the world?

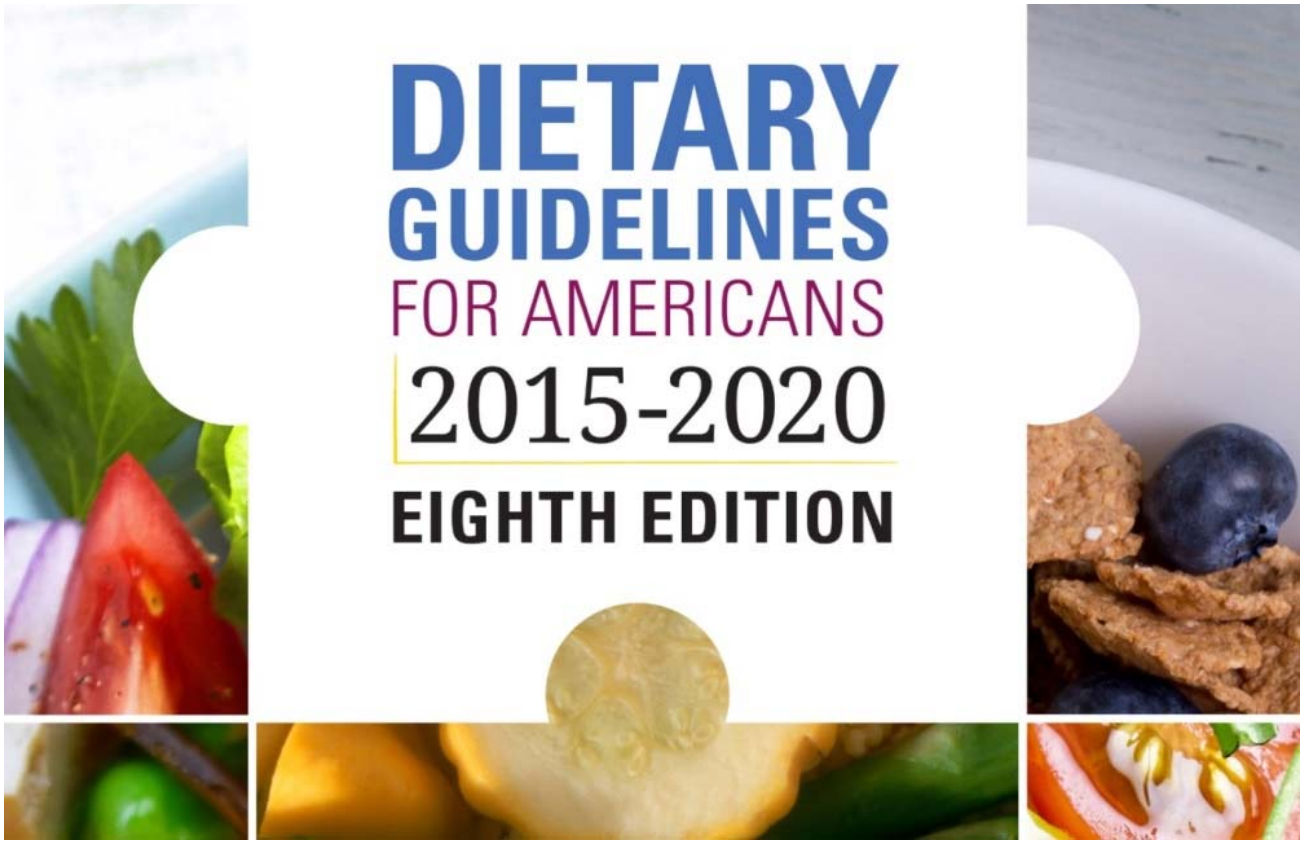
a. $250 million
b. $1.4 billion
c. $17.2 billion
d. $65 billion

Trivia

How much money is spent on sugar every year around the world?

a. $250 million
b. $1.4 billion
c. $17.2 billion
d. $65 billion
(more than on televisions)

The Sweet Truth: 2015 DGA Recommendations about Sugar



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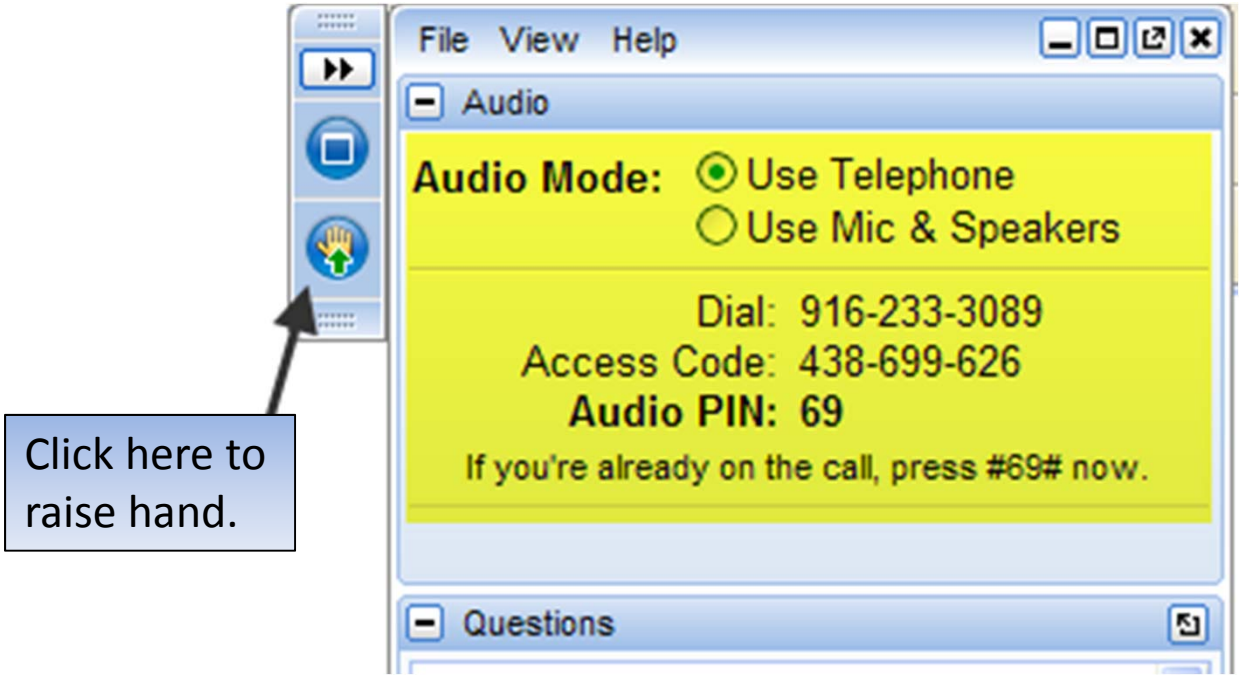
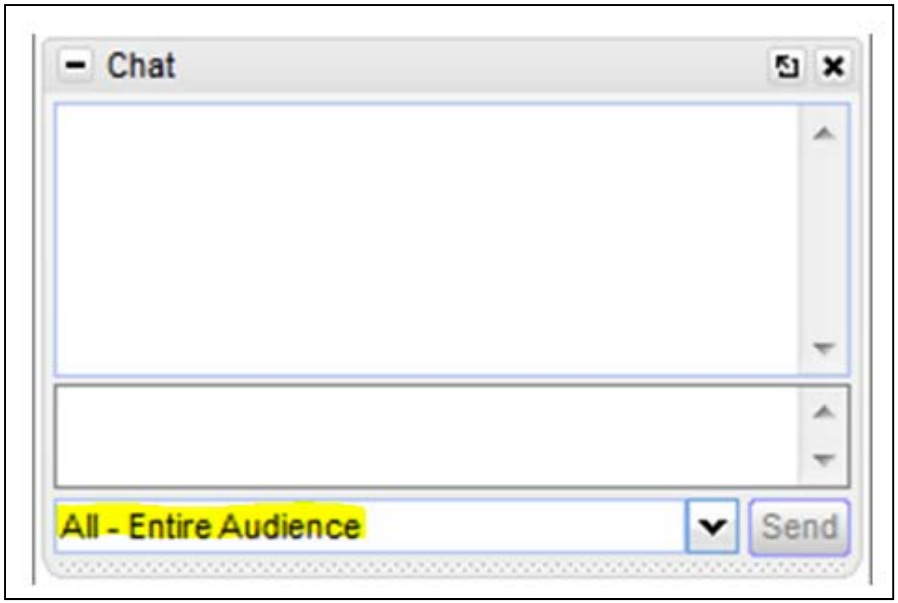
Practice

Practice raising your hand.



Chat box Q&A

Answer questions in the chat box to “All Entire Audience” throughout the webinar.



Today's Presenters

Maegan Jorgensen

&

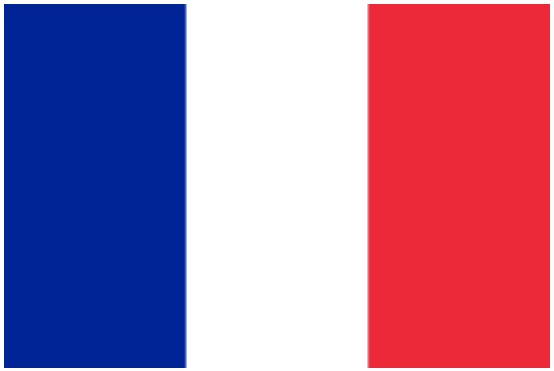
Mike Elfant

Objectives

- Identify daily recommended maximum amount of added sugar for yourself according to The Dietary Guidelines for Americans(DGA)
- Compare the amount of sugar in different foods and beverages with recommended maximum amount of added sugar
- Explain ways to decrease added sugar
- Identify different types of sugar on food labels
- Compare current Nutrition Facts Label with the updated Nutrition Facts Label
- Review resources for DGAs added sugar recommendation

Where do people eat the most sugar?

China



France

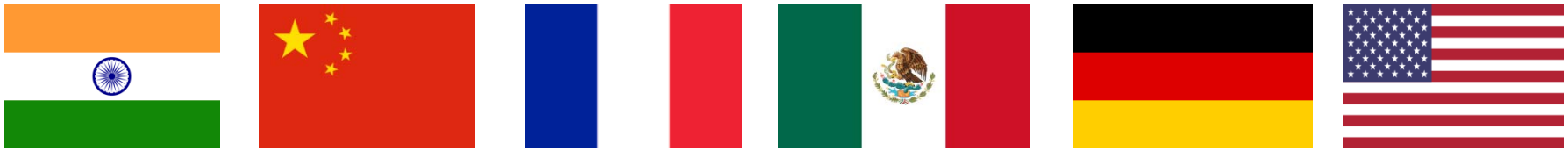
Germany

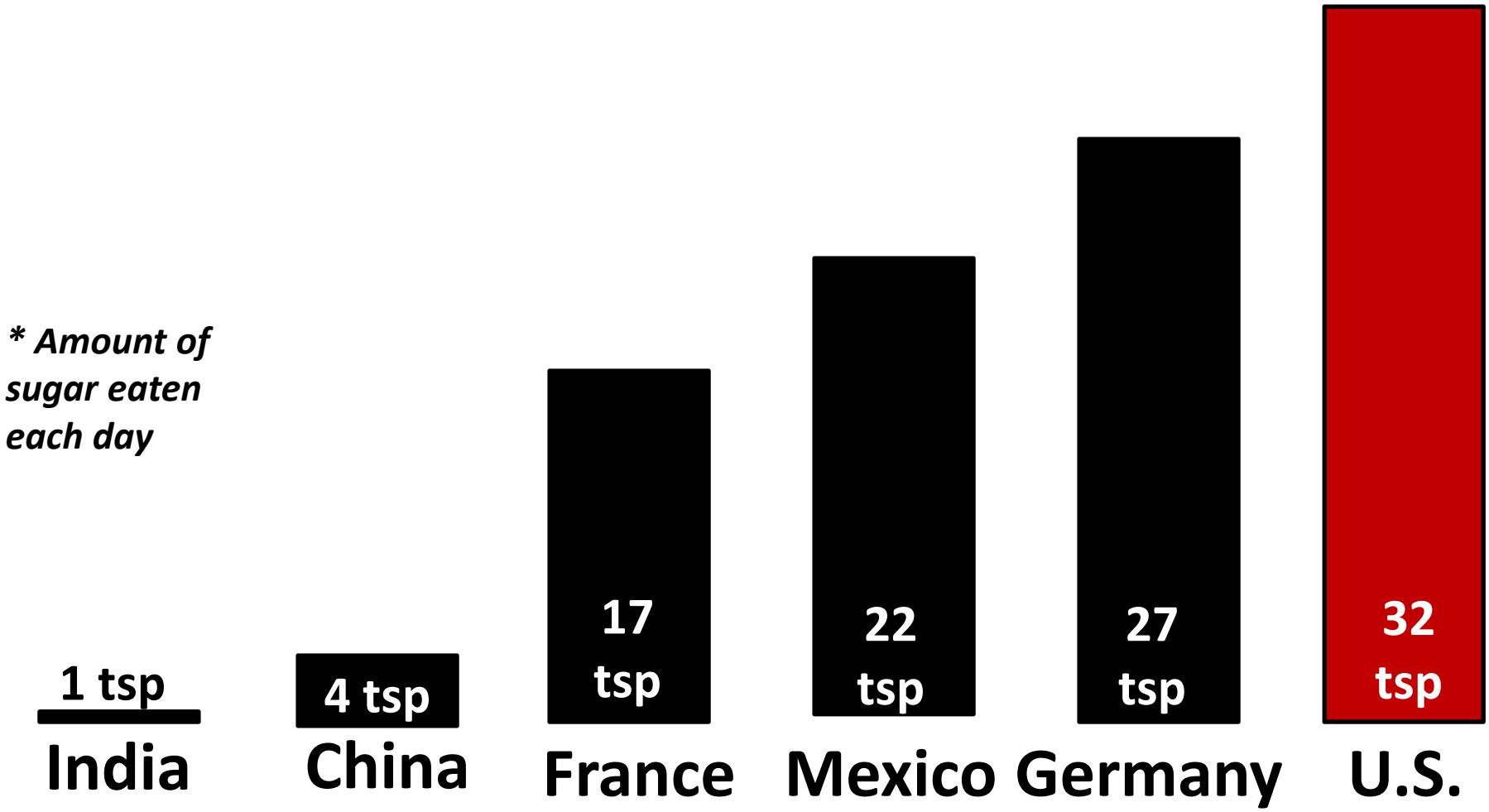
India

Mexico

U.S.

Where do people eat the most sugar?*

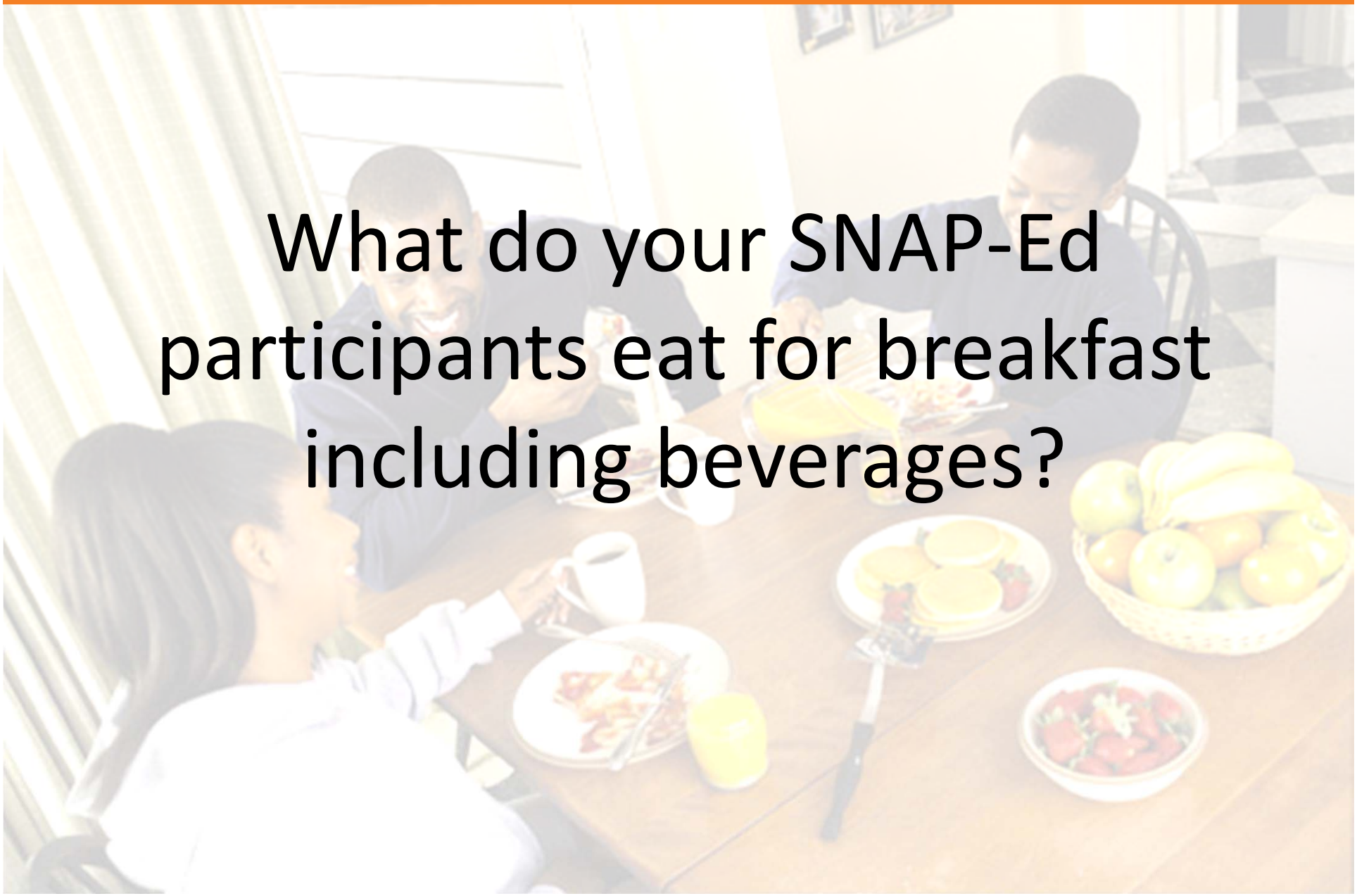




2015-2020 Dietary Guidelines for Americans

Added Sugars: Limit to **less than**

10% of total calories daily



What do your SNAP-Ed participants eat for breakfast including beverages?

What do they eat for lunch including beverages?

What do they eat for dinner including beverages?

What snacks do they eat during the day?

Breakfast

Lunch

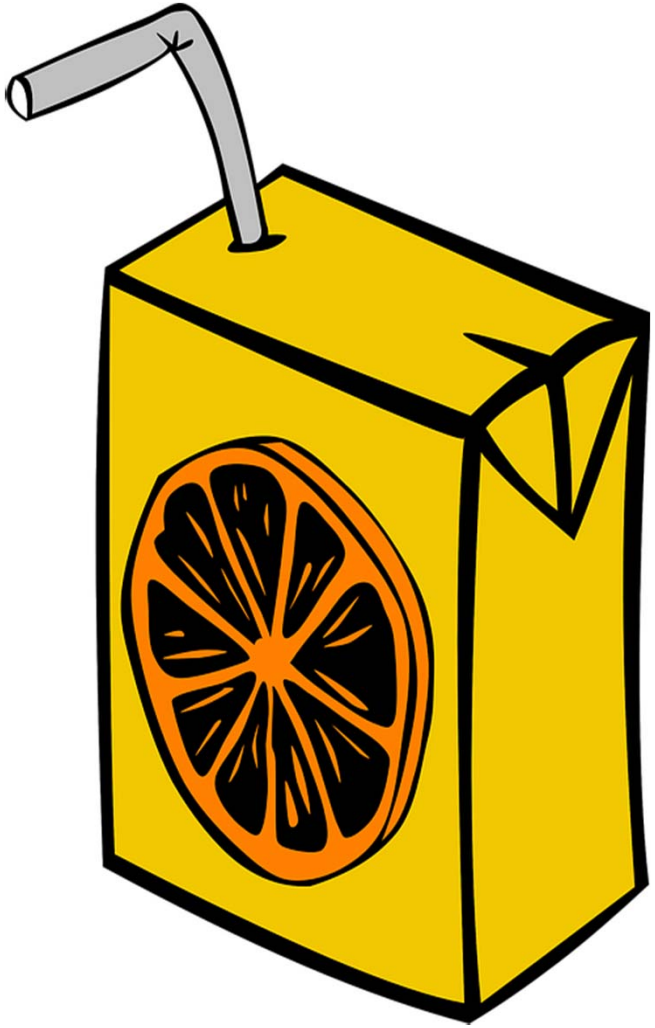
Dinner

Dessert

	Male			Female		
Activity level	Sedentary	Moderately active	Active	Sedentary	Moderately active	Active
Age (years)						
19–20	2,600	2,800	3,000	2,000	2,200	2,400
21–25	2,400	2,800	3,000	2,000	2,200	2,400
26–30	2,400	2,600	3,000	1,800	2,000	2,400
31–35	2,400	2,600	3,000	1,800	2,000	2,200
36–40	2,400	2,600	2,800	1,800	2,000	2,200
41–45	2,200	2,600	2,800	1,800	2,000	2,200
46–50	2,200	2,400	2,800	1,800	2,000	2,200
51–55	2,200	2,400	2,800	1,600	1,800	2,200
56–60	2,200	2,400	2,600	1,600	1,800	2,200
61–65	2,000	2,400	2,600	1,600	1,800	2,000

200 Calories from Added Sugar

Granola Bar



Fruit Punch

Not included in daily added sugar limit…

10 % Calories from added sugar

3200 calorie diet = 320 calories

320 divided by 16 = 20

added sugar = 20 teaspoons

*16 calories = 1 teaspoon

Chat out…

How many maximum teaspoons of sugar do you think DGA recommends for **you** daily?

	Male			Female		
Activity level	Sedentary	Moderately active	Active	Sedentary	Moderately active	Active
Age (years)						
19–20	2,600	2,800	3,000	2,000	2,200	2,400
21–25	2,400	2,800	3,000	2,000	2,200	2,400
26–30	2,400	2,600	3,000	1,800	2,000	2,400
31–35	2,400	2,600	3,000	1,800	2,000	2,200
36–40	2,400	2,600	2,800	1,800	2,000	2,200
41–45	2,200	2,600	2,800	1,800	2,000	2,200
46–50	2,200	2,400	2,800	1,800	2,000	2,200
51–55	2,200	2,400	2,800	1,600	1,800	2,200
56–60	2,200	2,400	2,600	1,600	1,800	2,200
61–65	2,000	2,400	2,600	1,600	1,800	2,000

Chat out what is 10% of your daily calories?

(daily calories x .10 = 10% of daily calories)

Chat out how many teaspoons of added sugar you can have a day?

(10% of daily calories divided by 16 = daily teaspoons)

Female[c]						
Activity level[b]	Sedentary	Teaspoons of Sugar	Moderately active	Teaspoons of Sugar	Active	Teaspoons of Sugar
Age (years)						
18	1,800	11.3	2,000	12.5	2,400	15.0
19–20	2,000	12.5	2,200	13.8	2,400	15.0
21–25	2,000	12.5	2,200	13.8	2,400	15.0
26–30	1,800	11.3	2,000	12.5	2,400	15.0
31–35	1,800	11.3	2,000	12.5	2,200	13.8
36–40	1,800	11.3	2,000	12.5	2,200	13.8
41–45	1,800	11.3	2,000	12.5	2,200	13.8
46–50	1,800	11.3	2,000	12.5	2,200	13.8
51–55	1,600	10.0	1,800	11.3	2,200	13.8
56–60	1,600	10.0	1,800	11.3	2,200	13.8
61–65	1,600	10.0	1,800	11.3	2,000	12.5
66–70	1,600	10.0	1,800	11.3	2,000	12.5
71–75	1,600	10.0	1,800	11.3	2,000	12.5
76+	1,600	10.0	1,800	11.3	2,000	12.5

Male						
Activity level[b]	Sedentary	Teaspoons of Sugar	Moderately active	Teaspoons of Sugar	Active	Teaspoons of Sugar
Age (years)						
18	2,400	15.0	2,800	17.5	3,200	20.0
19–20	2,600	16.3	2,800	17.5	3,000	18.8
21–25	2,400	15.0	2,800	17.5	3,000	18.8
26–30	2,400	15.0	2,600	16.3	3,000	18.8
31–35	2,400	15.0	2,600	16.3	3,000	18.8
36–40	2,400	15.0	2,600	16.3	2,800	17.5
41–45	2,200	13.8	2,600	16.3	2,800	17.5
46–50	2,200	13.8	2,400	15.0	2,800	17.5
51–55	2,200	13.8	2,400	15.0	2,800	17.5
56–60	2,200	13.8	2,400	15.0	2,600	16.3
61–65	2,000	12.5	2,400	15.0	2,600	16.3
66–70	2,000	12.5	2,200	13.8	2,600	16.3
71–75	2,000	12.5	2,200	13.8	2,600	16.3
76+	2,000	12.5	2,200	13.8	2,400	16.3

Rank foods from highest to lowest in sugar

A

1 Granola bar

B

20 fl oz

C

1 cup baked beans

D

20 fl oz

How many **teaspoons** of added sugar???

D

14

B

9

A

1 Granola Bar

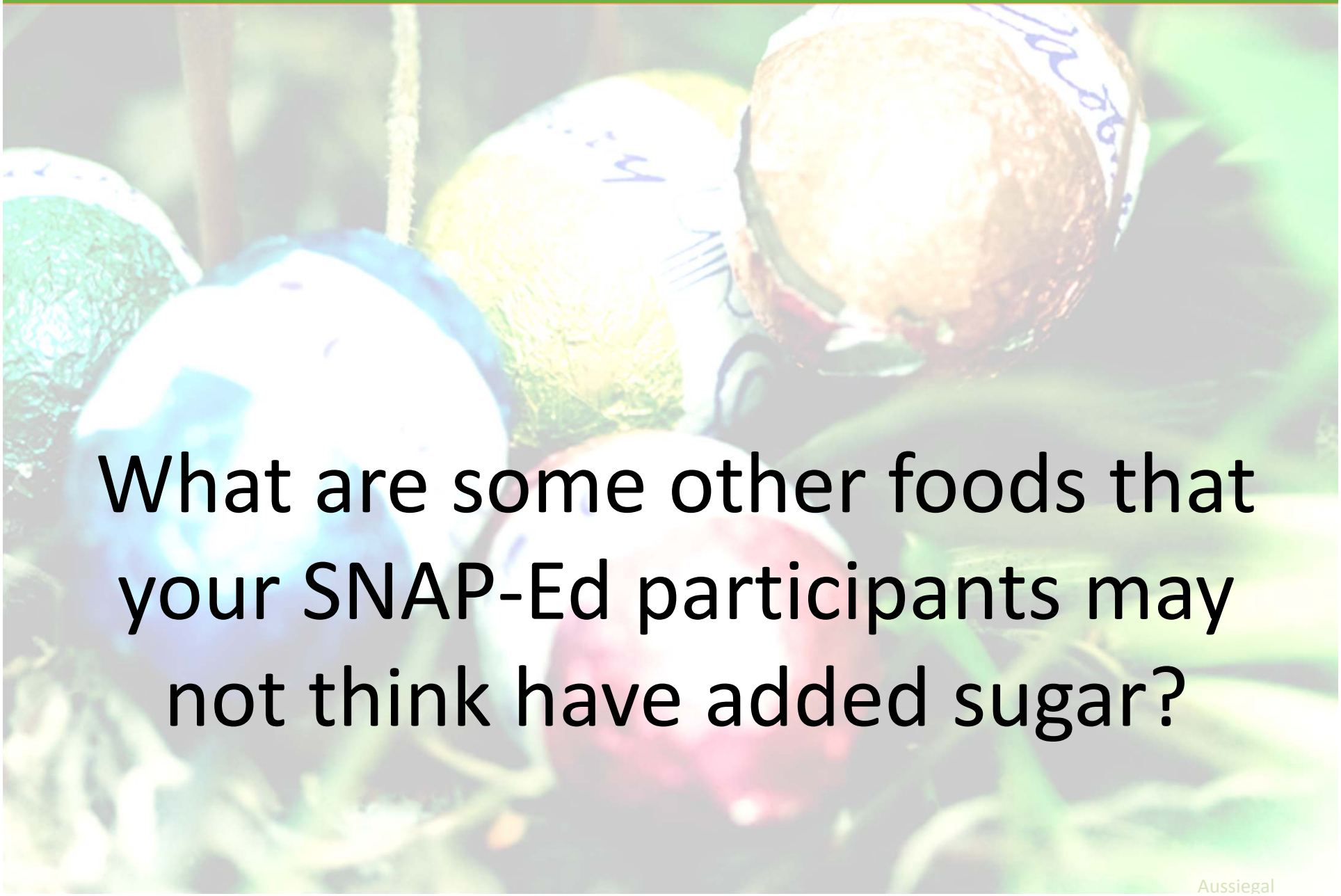
6

C

1 Cup Baked Beans

3.5

Hidden Sugar



What are some other foods that your SNAP-Ed participants may not think have added sugar?

Aussiegal

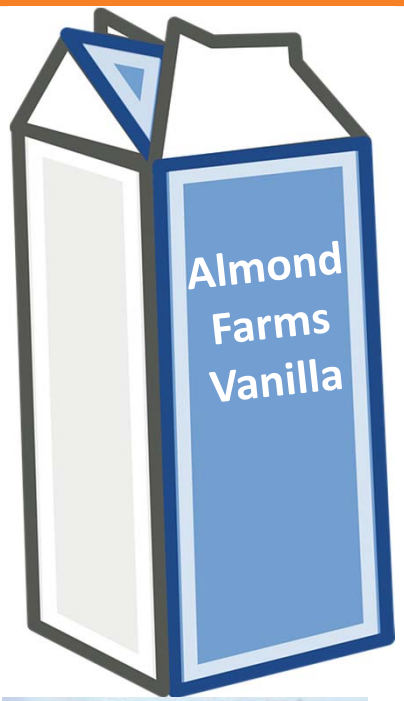
1 slice of whole wheat bread = 1 teaspoon

16 wheat crackers = 1 teaspoon

½ cup jar of spaghetti sauce = 2 teaspoons

1 Tablespoon of ketchup = 1 teaspoon sugar

2 Tablespoon of BBQ Sauce = 3 teaspoons sugar



8 ounce = 4 teaspoons

1/2 cup canned fruit (in heavy syrup)
= 7 teaspoons

1 muffin = 7 teaspoons

16 ounce drink = 15 teaspoons

Source of added sugar

What food category is the biggest source of added sugar for Americans?

a. Beverages
b. Grains
c. Mixed dishes
d. Snacks and Sweets

Source of added sugar

What food category is the biggest source of added sugar for Americans?

a. Beverages – 47%
b. Grains – 8%
c. Mixed dishes – 6%
d. Snacks and Sweets – 31%

Figure 2-10.

Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older

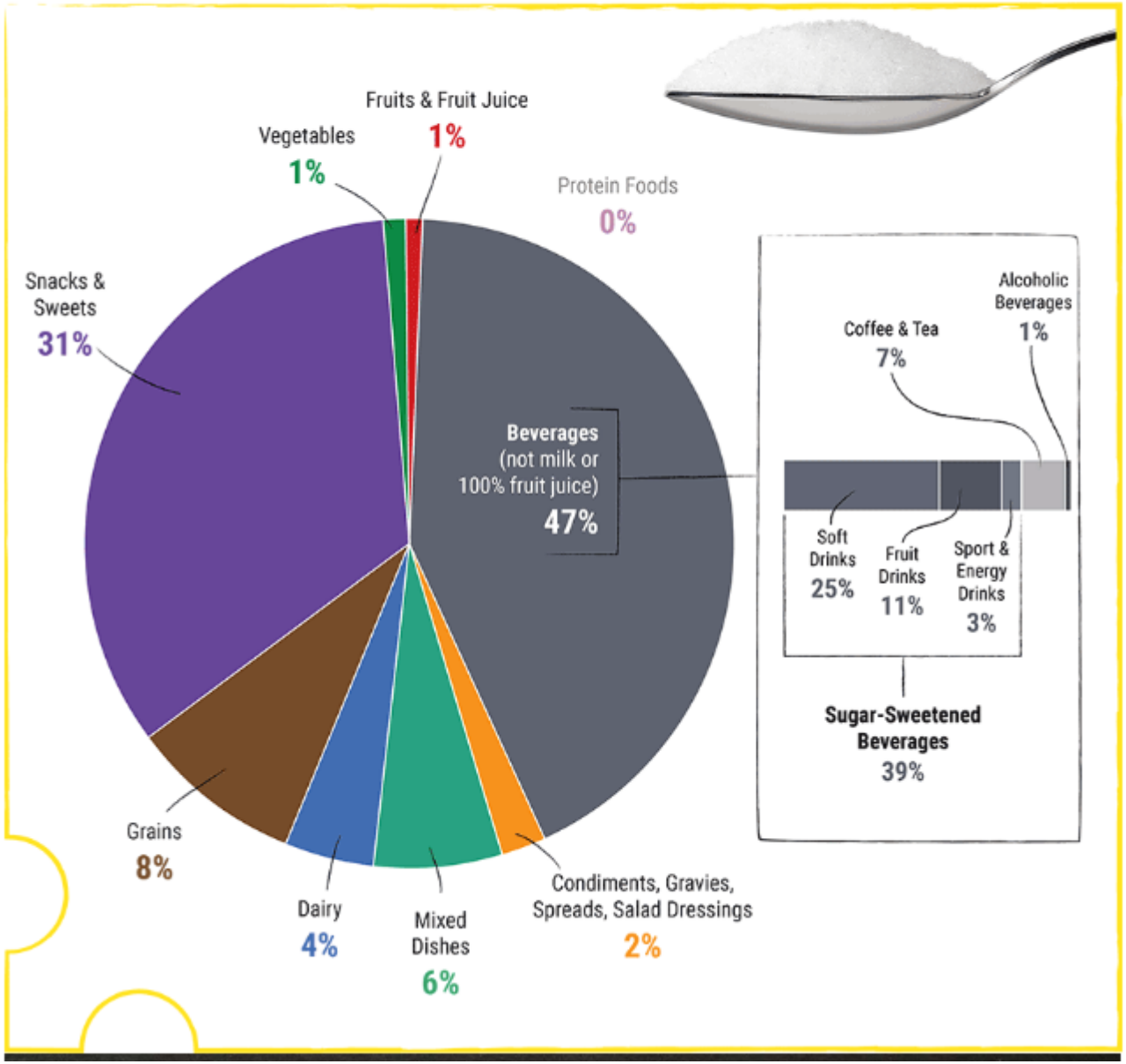
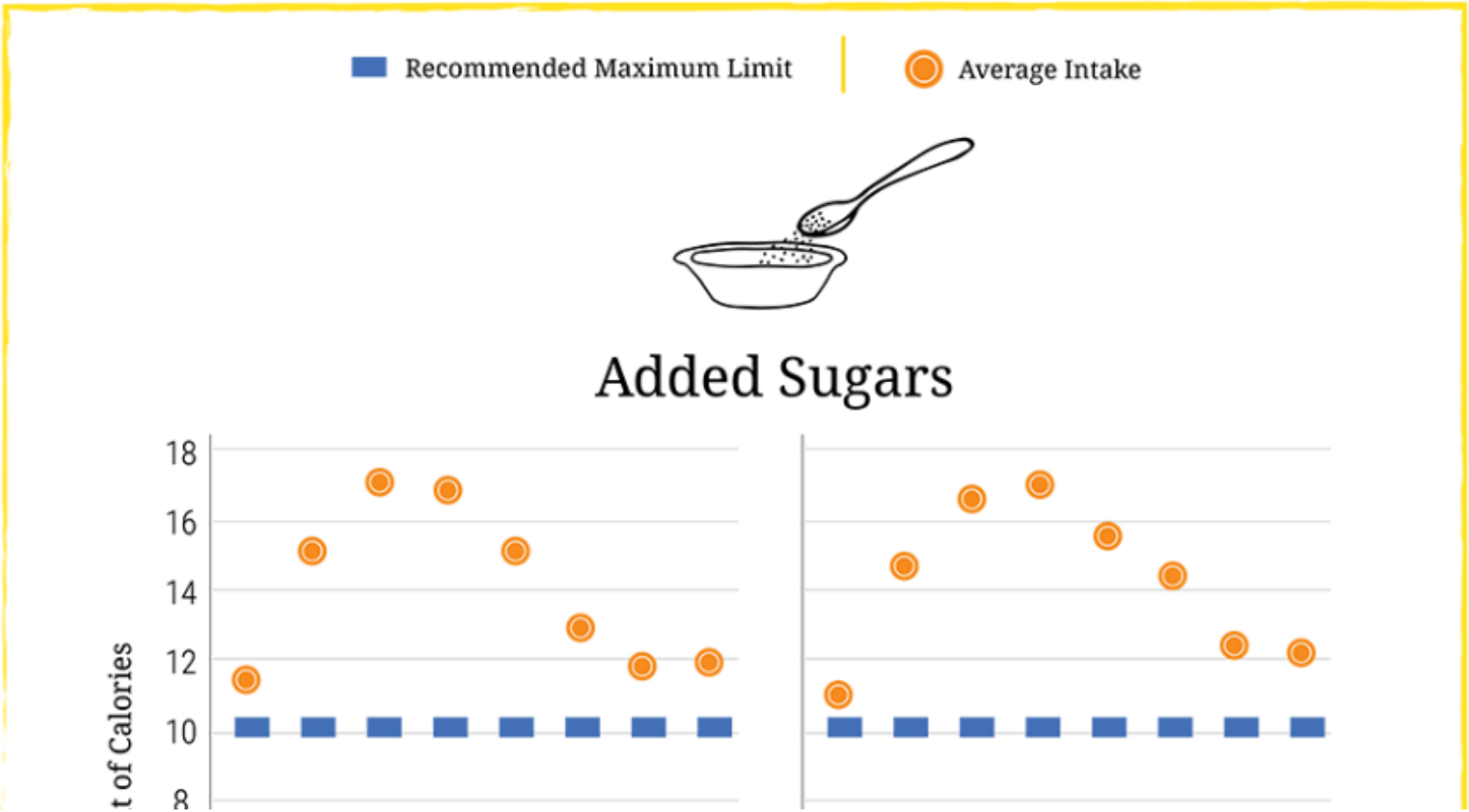
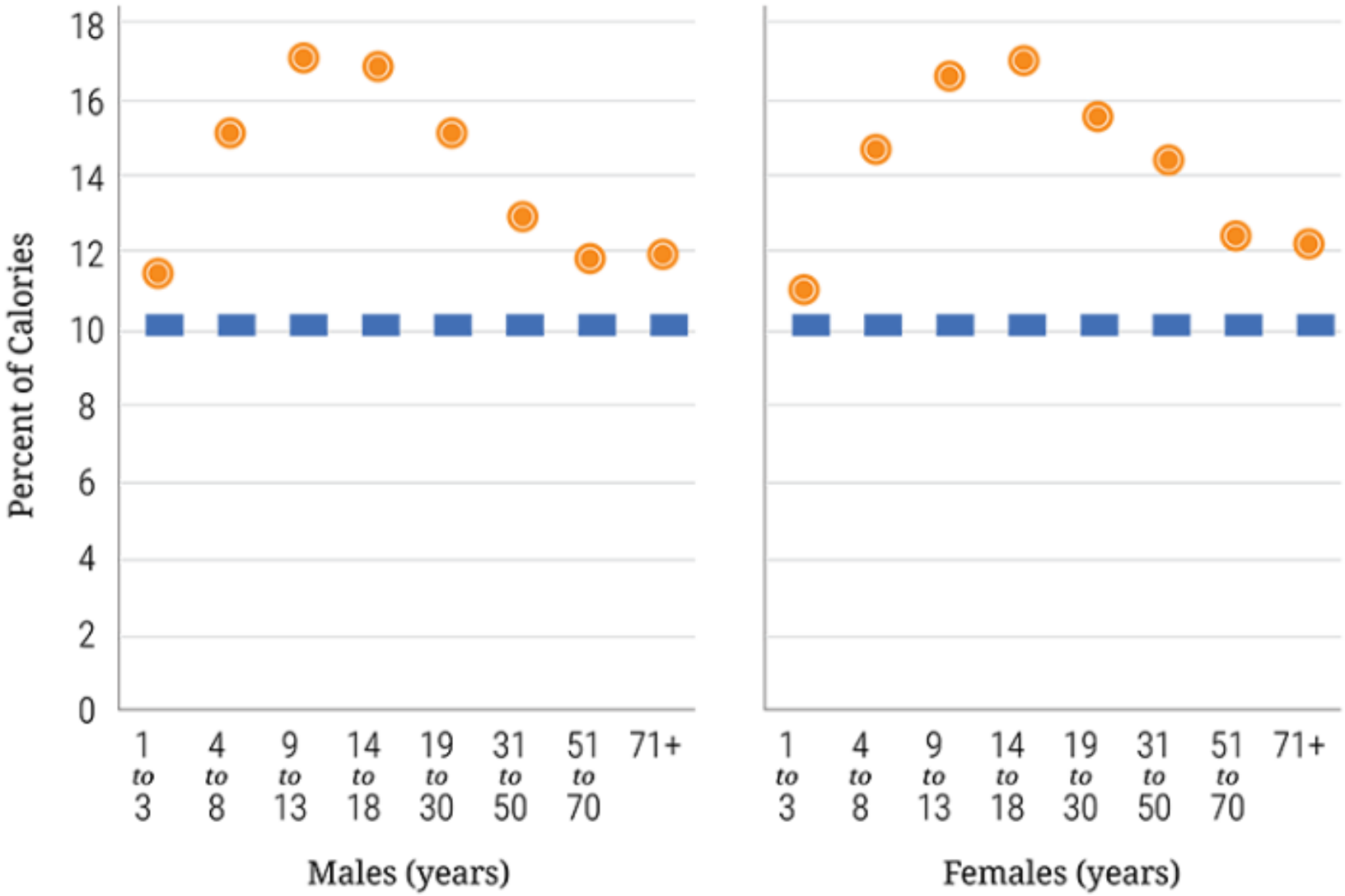


Figure 2-9.

Average Intakes of Added Sugars as a Percent of Calories per Day by Age-Sex Group, in Comparison to the *Dietary Guidelines* Maximum Limit of Less Than 10 Percent of Calories



Added Sugars



Breakfast

Contributes:

● Sodium* ● Saturated Fats ● Added Sugars

Breakfast

Bagel with Peanut Butter & Banana ●●●

Whole Wheat Bagel ●	½ regular bagel (4 oz)
Creamy Peanut Butter ●●●	2 tablespoons
Banana	1 medium

Coffee with Milk & Sugar ●●

Whole Milk ●	¼ cup
Sugar ●	2 teaspoons

Fat-free Strawberry Yogurt ●● 8 ounces

Lunch

Contributes:

● Sodium* ● Saturated Fats ● Added Sugars

Lunch

Tuna Salad Sandwich with Lettuce & Mayo ●●●

100% Whole Wheat Bread ●●	2 slices
Canned Tuna ●	2 ounces
Mayonnaise ●●	2 teaspoons
Chopped Celery	2 tablespoons
Lettuce	1 medium leaf

Carrots 4 Baby Carrots

Raisins ¼ Cup

Low-fat Milk (1%) ●● 1 Cup

507 Calories

Dinner

Contributes:

● Sodium* ● Saturated Fats ● Added Sugars

Dinner

Spaghetti & Meatballs ●●●

Spaghetti	1 cup, cooked
Spaghetti Sauce ●●	¼ cup
Diced Tomatoes (canned, no salt added)	¼ cup
Meatballs ●●	3 medium meatballs
Parmesan Cheese ●●	1 tablespoon

Apple, Raw ½ medium

Water, Tap 1 cup

Garden Salad ●●●

Mixed Greens	1 cup
Cucumber	3 slices
Avocado ●	¼ cup, cubed
Garbanzo Beans ● (canned, low sodium)	¼ cup
Cheddar Cheese ● (reduced fat)	3 tablespoons, shredded
Ranch Salad ●●● Dressing	1 tablespoon

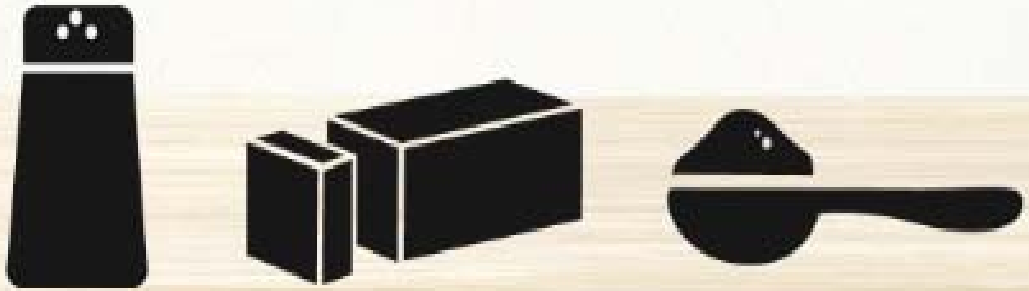
761 Calories

Total

Sodium: 2,253 mg
less than or equal to 2,300 mg

Calories From Saturated Fats: 153 (8% of Total Calories)
less than or equal to 10% of calories

Calories From Added Sugars: 164 (8% of Total Calories)
less than or equal to 10% of calories



1,995 Calories

Chat out…

What are some ways you could decrease added sugar in your everyday life?

Decrease ADDED Sugar

- Read labels
- Drink water and unsweetened beverages more often instead of sugar sweetened beverages
- Choose unsweetened products and add your own sugar
- Choose high-sugar desserts less often and in small portions

Our Grains
TSTS
Quinoa
Quinoa
Quinoa
Quinoa

YOGURT Vanilla
Nutrition Facts
Serving Size 6 oz
Servings Per Container About 1
Amount Per Serving
Calories 150 Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 0%
Sodium 110mg 5%
Potassium 370mg 11%
Total Carbohydrate 24g 8%
Sugars 24g
Protein 8g 16%
Vitamin A 0% • Vitamin C 2%
Calcium 25% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: Cultured grade A reduced fat milk, sugar, natural vanilla flavor, pectin. Contains active yogurt cultures including Lacidophilus.

YOGURT Vanilla
Nutrition Facts
Serving Size 6 oz
Servings Per Container About 1
Amount Per Serving
Calories 150 Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 0%
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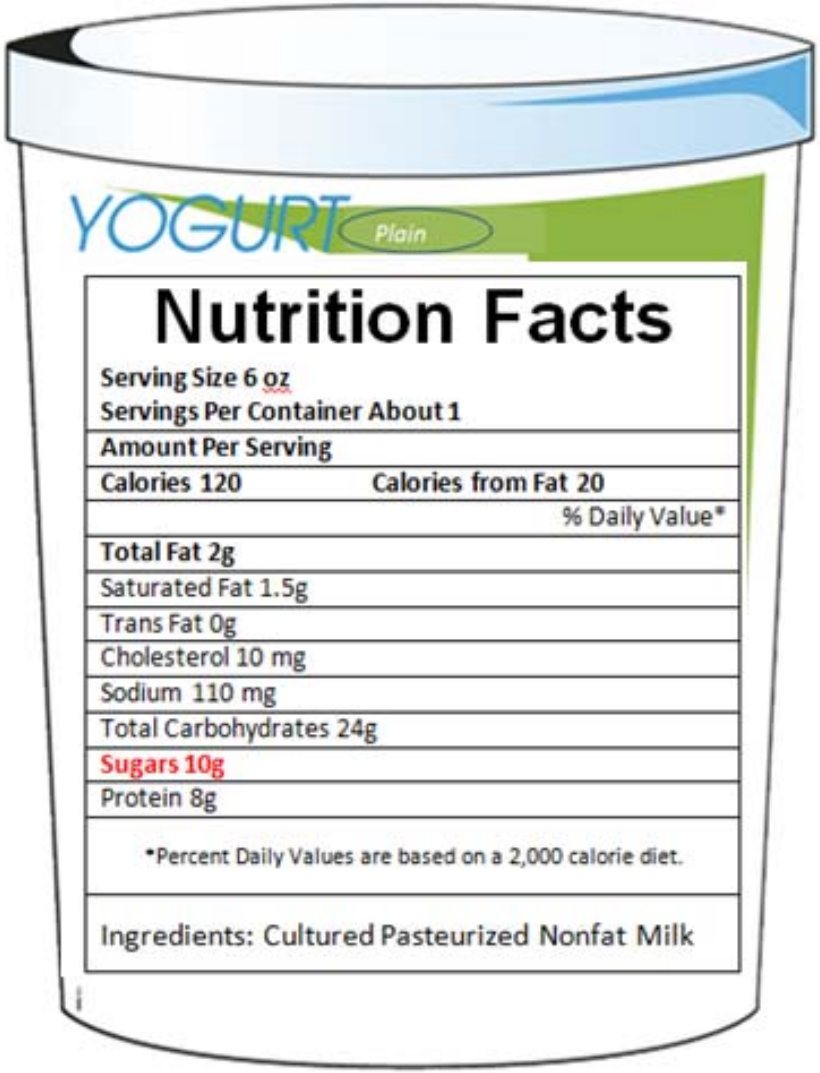
0 71010 28071 5
Ingredients: Cultured grade A reduced fat milk, sugar, natural vanilla flavor, pectin. Contains active yogurt cultures including L.acidophilus.


YOGURT Plain
Nutrition Facts
Serving Size 6 oz
Servings Per Container About 1
Amount Per Serving
Calories 120 Calories from Fat 20
% Daily Value*
Total Fat 2g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 10 mg
Sodium 110 mg
Total Carbohydrates 24g
Sugars 10g
Protein 8g
*Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: Cultured Pasteurized Nonfat Milk

Old Label/New Label

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chat out…

Current Label

What differences do you notice?

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
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Dietary Fiber		25g	30g

Nutrition Facts

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Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

New Label

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FDA

Sugar, sugar, everywhere?

Many sources and chemical names for added sugar

Which are NOT kinds of sugar added to foods?

Trehalose

Carob Syrup

Cane Juice

Citric Acid Syrup

Turbinado

Sucrose

Sweet Potato Powder

Glucose

Rice syrup

Sorghum Syrup

Mannose

Fructose

Grape Juice Concentrate

Fig Nectar

Maltose

Agave Nectar

Dextrose

Tapioca Syrup

Maltodextrin

Palm Sugar

Levulose

Which are NOT kinds of sugar added to foods?

Trehalose

Carob Syrup

Citric Acid Syrup

Cane Juice

Turbinado

Sucrose

Sweet Potato Powder

Glucose

Rice syrup

Sorghum Syrup

Mannose

Fructose

Fig Nectar

Grape Juice Concentrate

Maltose

Agave Nectar

Dextrose

Tapioca Syrup

Maltodextrin

Levulose

Palm Sugar

Sugar Song

Oh – let's say the names of, the names of, the names of

Let's say the names of the sugars we might eat…

There’s brown sugar, raw sugar, palm sugar, turbinado

Invert sugar, date sugar, piloncillo, muscovado

Corn syrup, maple syrup, malt syrup, sorghum syrup

Rice syrup, carob syrup, and even tapioca syrup…

There’s maltodextrins and syrups solids made from corn

And what concentrated apple juice or grape juice come to form

There’s glucose, sucrose, maltose, fructose, dextrose, lactose, levulose

Agave nectar, dark molasses, honey, cane juice, trehalose…

And if you learn this song you'll have earned a PhD in…

Mono and disaccharide food science chemistry.

DGA Resources

DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

Cut Down on Added Sugars

Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.

The *2015-2020 Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

What Are Added Sugars?

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

> The average American gets 270 calories of added sugars each day. **That's about 17 teaspoons of sugar!**

What's the Problem with Added Sugars?

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

> Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages.

What Foods Have Added Sugars?

Lots of them. Some include:

- Regular sodas, energy drinks, and sports drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, and doughnuts
- Dairy desserts, such as ice cream

Health.gov

How Can I Cut Down on Added Sugars?

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

1. **Find Out How Many Calories You're Getting from Added Sugars Now.**
   You can use the USDA's Supertracker.usda.gov/ to get an idea. Once you know, you can make changes.

MYPLATE MOMENTS

Evelyn, New Mexico
"Your website has been a blessing to those who need help out in the community, schools, church groups, toddlers.... I liked your recipe website [What's Cooking] that featured recipes done by kids. We used some of them. The kids loved knowing that other kids their ages created the recipes. They were inspired! Thank you."

Zane, Idaho
"Ever since I found out how to have a healthy diet on ChooseMyPlate.gov, I have kept my weight down and gained muscle mass by exercizing more."

Denny, Northern Mariana Islands
"Like many people, I struggle with getting too much fat in my diet. I read about fats and oils on your website and have learned some ways to cook with less oil and to reduce fats from meats. This will definitely benefit me and my family. Thank you MyPlate!!"

SHOW MORE SHARE YOUR STORY

What are added sugars?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

The major food and beverage sources of added sugars for Americans are:

- regular soft drinks, energy drinks, and sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, and donuts
- fruit drinks, such as fruitades and fruit punch
- dairy desserts, such as ice cream

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- lactose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar

NEOPB Resources

California Department of PublicHealth CDPH

Home | Programs | Services | Health Information | Certificates & Licenses | Publications & Forms | Data

en Español
- Su salud en su idioma

Most Popular Links
- Birth, Death, & Marriage Certificates
- Licensing and Certification
- WIC

Quick Links
- About Us
- CHHS Open Data Portal
- Decisions Pending & Opportunities for Public Participation
- Diseases & Conditions
- Job Opportunities
- Language Access Complaint Process
- Local Health Services
- Newsroom
- Public Availability of Documents

Related Links
- California Health and Human Services Agency
- Department of Health Care Services (includes Medi-Cal)
- State Agencies Directory

Home > Programs > Nutrition Education and Obesity Prevention Branch > Rethink Your Drink - Resource

Rethink Your Drink Campaign - Resources

Qualifying community organizations in California can request free copies of *Rethink Your Drink* educational a

Approved Resources

List of Approved Resources for the *Rethink Your Drink Campaign* Updated May 11, 2015 (PDF) Updated

Links to Resources

"Choose Health. Drink Water." Poster (PDF,Eng) | (PDF, Spa) New

Beverages Make Every Sip Count (PDF, Eng/Spa, 1.18MB) | (PDF, 1.75MB, Eng/Vie)

Drink Label Cards (Eng, PDF, 2.91MB) | (Spa, PDF, 3.2MB)

Guide for Presenting *Rethink Your Drink* at Fairs and Festivals

Healthy Drinks and Snacks Retail sign sets New

Pledge Card (PDF, Eng/Spa)

Certificate of Appreciation (DOC, Eng) | (DOC, Spa)

Early Childhood Education New

Go for H2O! - *Power Play! Campaign*

Rethink Your Drink recipes New Recipes for healthy beverage options that don't include added sugars. All r

Guide for Presenting Rethink Your Drink at Fairs and Festivals

Guide for Presenting *Rethink your Drink* (PDF)
Part of the *Rethink Your Drink* Spin Wheel Kit, this guide outlines ways to use the *Rethink Your Drink* displ

Spin Wheel sign (PDF, Eng/Spa) Display this sign (in both English and Spanish) with the *Rethink You*

Spin Wheel Quiz (PDF, Eng) | (PDF, Spa) Questions and Answers to use with the *Rethink Your Drink*

Event Planning Worksheet (PDF)

Pre-event Timeline (PDF)

Event Analysis Worksheet (PDF)

Healthy Drinks and Snacks Retail Signs New

http://www.cdph.ca.gov/programs/NEOPB/Pages/RethinkYourDrink-Resources.aspx

Chat out…

What other resources do you use to explain added sugar?

Chat out…

What are some Hot Topics that come up in your classes that you would like to know how to address?

Questions

Thank you!!!

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