

## Basics of Oral Health 3

# The Sugar We Eat In One Day

### Demonstration

*Pretend that the clear container is a child's tummy. Give the container, the sugar, and the scoop to a parent.*

*Say: Guess how many teaspoons of sugar are in a bowl of Trix?" (see *How Much Sugar in Some Favorite Foods? List* for the answer).*

*Tell families the answer, and ask the parent with the container to scoop the number of teaspoons of sugar in one bowl of Trix into the clear container.*

*Continue choosing foods and asking participants to scoop the sugar into the clear plastic container. Having participants scoop the sugar and see the sugar pile up is very powerful. Choose common foods that have surprisingly high sugar content to see how quickly the container fills up.*

*You don't have to go through the entire day to see that people can consume a lot of sugar. Stop whenever you feel that the participants have received the message.*

*Say: We have a lot of choices in the types of foods we eat. Let's close by talking about some foods that are tooth healthy versus tooth unhealthy. Mention foods that children commonly eat that you may not have mentioned during the demonstration—fruit snacks, crackers, white bread*

### Supplies

- Sugar—granulated or cubes
- Teaspoons
- Clear plastic containers
- "Tooth Healthy and Tooth Unhealthy Foods List" and "How Much Sugar in Common Foods" handouts

## Discussion and Parent Practice Handout

- What are some ideas you have on how to eat less sugar in a day?
- I have a couple of handouts for you to take home.
  - The first is Tooth Healthy and Tooth Unhealthy Foods List. You might want to stick on your refrigerator to help remind you of the tooth healthy foods to eat.
  - The second handout "How Much Sugar is in Common Foods".

## Tooth Healthy Foods List



Apples  
Bananas  
Broccoli  
Carrots  
Cereals, low-sugar  
Cheese  
Cherries  
Cottage cheese  
Cucumber  
Eggs  
Fish  
Grapes  
Green beans  
Lettuce  
Meats  
Melons  
Nuts  
Oranges  
Peaches  
Peas  
Popcorn  
Strawberries  
Sweet potatoes  
Tofu  
Tomatoes  
Whole grain breads  
Whole grain crackers,  
rice and pastas  
Yogurt



### Beverages:

Water  
Milk

## Tooth Unhealthy Foods List



Bread (White)  
Breakfast cereal, sugary  
Cake  
Candy  
Chips  
Cookies  
Crackers  
Fruit snacks  
Graham crackers  
Granola bars  
Gum—with sugar  
Ice cream



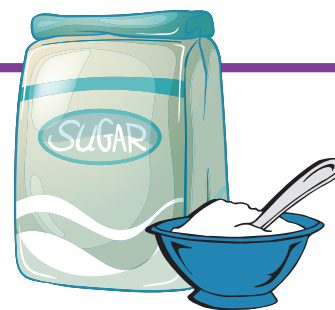
### Beverages:

Juice  
Soda pop  
Sports drinks  
Sweet tea  
Sweetened milk  
Sweetened coffee

★ Choose and prepare foods that are **age appropriate** for your child.



# How Much Sugar and Carbohydrates in Some Favorite Foods?



	Serving Size	Carbohydrates	Teaspoons of Sugar
<b>Breakfast</b>			
• Trix cereal	1 C	27 g	10 g sugar (2.5 tsp.)
• Milk (2%)	1 C	12 g	12 g sugar (3 tsp.)
• Orange juice	6 oz.	22 g	16 g sugar (4 tsp.)
<b>Snack</b>			
• Low-fat yogurt	6 oz.	32 g	32 g sugar (8 tsp.)
• Apple juice	1 C	28 g	24 g sugar (6 tsp.)
<b>Lunch</b>			
• Hamburger, fast food	1 regular	28 g	6 g sugar (1.5 tsp.)
• Fries, fast food	small	30 g	.15 g sugar (0 tsp.)
• Apple slices	½ C	9 g	6.5 g sugar (1.5 tsp.)
• Apple juice	6.75 oz.	24 g	20 g sugar (5 tsp.)
<b>Snack</b>			
• Chocolate milkshake	20	63 g	63 g sugar (16 tsp.)
• Graham crackers	2 whole	22 g	9 g sugar (2 tsp.)
<b>Dinner</b>			
• Chicken nuggets	5	15 g	.71 g sugar (0 tsp.)
• Hash browns	½ C	22 g	.75 g sugar (0 tsp.)
• Green beans	¼ C	2 g	.4 g sugar (0 tsp.)
• Chocolate milk	1 C	30 g	24 g sugar (6 tsp.)
<b>Snack</b>			
• Chocolate ice cream	½ C	19 g	17 g sugar (4.25 tsp.)
• Animal crackers	10	18.5 g	3.5 g sugar (1 tsp.)

