



*Child Care Aware® of Eastern Kansas is offering a free "Parenting Tip of the Month" monthly email. If you are not interested in continuing to receive this monthly resource, just click on the "[SafeUnsubscribe](#)" option at the bottom of this email.*

## **January Parenting Tip of the Month...**

### **Sugar Overload**

Cereal, juice, ketchup and yogurt are common foods that children enjoy. Did you know they also contain significant amounts of added sugar? According to an American Heart Association scientific statement about children, children and teens should:

- Consume less than 6 teaspoons or 25 grams of added sugar a day.
- Limit sugary drinks to 8 ounces a week.
- Children under two should not have any added sugar.



With that stated, the typical American child consumes about three times the recommended amount. This is concerning because a diet high in added sugar throughout childhood has been connected to heart risk factors like obesity, diabetes, high blood pressure and unhealthy cholesterol levels.



Many of the foods we eat contain naturally occurring sugar. The above recommendations refer to added sugars, which are any sugars or caloric sweeteners added to food or drink. These sugars can be found with many different names like high fructose corn syrup, brown sugar, honey and sugar molecules ending in "ose" like dextrose and sucrose. It is currently hard to know how much of the total sugar comes from natural sugar or added sugar.

**Don't worry...** There is good news! Beginning this July, the Food and Drug Administration will require manufacturers to show the amount of added sugar on food labels. This will make it easier for families to know about the type of sugar they are eating. To learn more about sugar and different names from the American Heart Association, [click here](#).

Don't wait until July to start lowering your family's added sugar intake. Check out these five tips to help you limit sugar in your family's diet today:

- **Reduce table sugar.** Try cutting the amount of sugar you add to food and drinks by half.
- **Limit sugar sweetened beverages.** Offer children water, low fat milk or 100% fruit juice instead.
- **Add fruit.** Add bananas, strawberries or dried fruit to cereal or oatmeal instead of sugar.
- **Read food labels.** Choose products with lower amounts of added sugar.
- **Reduce sugar in baking.** When baking cookies or desserts, reduce the amount of sugar in the recipe by a one-third or one-half.



Children develop their taste preferences when they are young. The start of a new year is a great time to begin taking steps to minimize sugar, help your child develop good eating habits, and reduce heart risk factors for the whole family. For additional resources on how to support your child's health, visit the Healthy Kids page from the American Heart Association by [clicking here](#).

Sources:

National Heart Association website, <http://www.heart.org/HEARTORG/>

Heart Insight Magazine, Spring 2017 Kids and Sugar, <http://heartinsight.heart.org/Spring-2017/Kids-and-Sugar/>

### Looking for child care or parent resources?

*Don't forget to contact our Parent Resource Center at 785-357-5171,  
877-678-2548 toll free, and select option 1!*

*Child Care Aware® of Eastern Kansas supports the development and learning of young children by offering programs and services that improve the quality and accessibility of child care for working families.*



To contact Child Care Aware® of Eastern Kansas,  
call 785-357-5171 or 877-678-2548 toll free.  
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