

# SWEET ENOUGH

*without all that sugar*

## FACILITATOR GUIDE

### PROGRAM GOAL

To increase knowledge of the role of carbohydrates in foods including nutritive and non-nutritive sugars as well as added sugars in our daily diet.

### PROGRAM OBJECTIVE

Participants will learn what carbohydrates are and what purpose they serve in the body.

Participants will learn about nutritive and non-nutritive sweeteners, the many forms of added sugar, and recommendations for health.

Participants will learn methods for reducing sugar intake while purchasing and preparing foods, and develop personal goals.

### PREPARATION

- Make copies of the “Sweet Enough without All That Sugar” publication (FCS3-618)
- Read the section titled Ideas for Additional Activities and decide which you will implement during your teaching session.
  - Recipe Tasting: collect ingredients, prepare recipe, plates, utensils, napkins
  - Hidden Sugar Word Search (Handout)
  - Knowing the Nutrition Facts Panel Activity (Handout)
- Goal Setting (Handout)
- Gather pencils, pens, and markers for note taking
- Make copies of handouts for additional activities

### FACILITY AND EQUIPMENT REQUIREMENTS

- Tables and chairs for participants
- Projector for PowerPoint presentation
- Materials for selected activities

## AUDIENCE

Potential audiences include Homemaker groups, MOPS and other parenting groups, diabetes support groups, high school classes, senior citizen centers, and faith-based organizations.

## POTENTIAL COMMUNITY COLLABORATORS

Organizations that improve health and wellness are ideal. Examples include health departments, diabetes educators, and WIC coordinators.

## INTRODUCTION

Sugar is everywhere, but what do you really know about it? This lesson is designed to inform you about sugar, nutritive and non-nutritive sweeteners, the role of sugar in health, and ways to reduce added sugar in our diets and cooking.

## INTRODUCTORY ACTIVITY

For a roll call or attention getter, ask participants to share their favorite sweet (dessert, drink, or candy) or their first memory or taste of a sweet food i.e. grandmother's pound cake, sugar bowl, honey in hot tea for a sore throat.

## LESSON

Share "Sweet Enough Without All That Sugar" PowerPoint Presentation or publication lesson material. Encourage discussion about the information shared that people attending have heard or previously learned regarding sugar, added sugar, carbohydrates, and ways to reduce added sugar. This program can be delivered in 60 minutes, depending on selected activities.

## CONCLUSION

Answer any questions. Encourage conversation about specific changes participants can make to their diets to reduce sugar intake. Complete the provided pre- and post-evaluation tools.

## IDEAS FOR ADDITIONAL ACTIVITIES

Put your new knowledge into action! Here are some ideas for either individual or group activities.

### 1. RECIPE OR FRUIT TASTING

Prepare the recipe included within the Sweet Enough Without All That Sugar publication or host the mindful fruit activity provided within the PowerPoint. Provide samples to club members. Discuss and critique the recipes or fruit, and savor the sweetness. Are there family recipes in which you could reduce sugar or use a non-nutritive sugar? What ways can you use to reduce sugar and added sugar in your family's daily diet?

### 2. HIDDEN SUGAR WORD SEARCH (SEE HANDOUT)

Grab a pencil and get to searching for the added sugars in the word search. Did you know there are at least 61 names for added sugars?

### 3. KNOW THE NUTRITION FACTS PANEL ACTIVITY (SEE HANDOUT)

Gather food labels and packages from your home or local Extension office. Use the Know the Nutrition Facts Panel Activity to figure out the amount of added sugar and fiber in a food item. Remember:

- One teaspoon of sugar = 4 grams of carbohydrate and 16 calories
- Three teaspoons or 12 grams = 1 tablespoon
- Sixteen tablespoons or about 192 grams = 1 cup

#### **4. GOAL SETTING ACTIVITY (SEE HANDOUT) EXAMINE YOUR FOOD CHOICES.**

You can cut down on calories by using fewer processed foods made with sweeteners. Think about your everyday diet. What foods could you swap to decrease added sugar? What are your added sugar goals? Make sure you design a SMART Goal by making it Specific, Measurable, Attainable, Realistic, and Timely.

#### **5. COUNTY-WIDE ACTIVITY**

Hold a club or countywide activity to educate people about added sugar.

- Encourage others to have a Soda Free Day or Week or Month.
- Host a booth to educate others by showing the amount of sugar contained in sweetened beverages at a community event.
- Encourage a policy or change in your community that water be offered at all club meetings and business meetings before sweetened beverages.
- Apply for funding to improve or install water-bottle-filling stations in publicly accessible locations.

### **MARKETING**

#### *Newspaper or Newsletter*

Have you or a loved one been told to cut back on the sugar in your diet? Do you have questions about how sugar affects our health? Do you find yourself confused on what sugar looks like on the nutrition facts label? The XXXXX County Extension Office will be hosting a workshop titled Sweet Enough Without All That Sugar on INSERT DATE, TIME, and LOCATION. Join us for this class where you will learn about the different types of sweeteners and how sugar and sweetened products can fit into a healthful eating plan. This lesson will inform you about sugar, nutritive and non-nutritive sweeteners, the role of sugar in health, and ways to reduce added sugar in our diets and cooking.

#### *Social Media*

Do you have any questions about how sugar fits into your diet? Join us at the XXXXX County Extension Office on INSERT DATE and TIME to learn all about sugar. This lesson will teach you about sugar, nutritive and non-nutritive sweeteners, the role of sugar in health, and ways to reduce added sugar in our diets and cooking. (Attach flyer)

*See additional materials for marketing flyer.*

### **EVALUATION**

Distribute a one-page evaluation tool at the completion of the program. The results can inform the success story below.

## SAMPLE SUCCESS STORY

Research is starting to show a clear link between increased sugar consumption and poor health outcomes such as being overweight, obesity, and developing diabetes. The recommendation is that no more than 10 percent of daily calories should come from sugar. On average, almost 20 percent of the calories in a typical American adult's diet comes from sugar and sweeteners, with the most common sources being beverages, snacks, and sweets. In addition, the arrival of several non-nutritive sweeteners combined with the more than 60 sweeteners used on food labels makes it difficult to understand how to reduce sugar in the diet.

In response to this challenge, the XXXXX County Extension Office hosted the workshop Sweet Enough Without All That Sugar for the (COUNTY AND AUDIENCE). Emphasis was placed on understanding the different types of sugar available, the role of sugar and sweeteners in health, and ways to reduce sugar in the diet. (Insert # of participants and participant demographics) participated in the workshop.

Of those surveyed, XX percent indicated they increased their understanding of nutritive and non-nutritive sweeteners. XX percent better understand what added sugars are and XX percent learned the effects of sugar and sweeteners on health. Further, XX percent increased their understanding of how to reduce sugar in the diet. XX percent plan to look at food labels for nutrition fact panels when making buying decisions, whereas XX percent plan to reduce the overall amount of sugar in their daily diet to improve their health.

Insert any personal testimony from participants as conclusion.

## REFERENCES

Holmes, B. (2001) University of Wyoming, Cooperative Extension Service. Wellness in the Rockies: WIN (Wellness IN) Kids.

Yeargin, N., & Reed, S. (2014) Penn State Extension Service. *Creating Health & Nutrition: Nutritive Sweeteners*.