

Fructose

Stevia

Dextrose

Sugar in the Raw

**Sugar is
Confusing!**



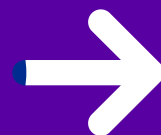
Organic Sugar

Natural Sugar

Maltose

Added Sugar

Learn more



Center for Community Health & Prevention



Our Healthy Together Family Program
takes a closer look at sugar.

Session 2: Kids get to
choose their favorite
meals and then measure
how many tablespoons
of added sugar they eat
in a day.



Did you know the average American
eats over 1/3 of a cup
(almost 6 tbs.) of added
sugar every day?



Children also get to practice making swaps and tradeoffs to see how these choices affect their sugar intake.



Did you know? You can decrease sugar by using peanut butter instead of Nutella, or doing a half portion of each so you still get that Nutella flavor!

Come learn with us!

**Ask about our Healthy Together
Family Program today.**

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