

COOKING SKILLS AND FOOD

Time: 70 Minutes

Life is sweet with easy sugar swaps! Not all desserts are bad – learn the difference between naturally occurring sugar and added sugar and how to swap in healthier alternatives when you're cooking and baking.

OBJECTIVES:

Describe the difference between naturally occurring sugar and added sugar.

Explain how to find added sugar in an ingredient list and identify two of its common names.

List two healthier sugar swaps to use when making a dessert.

SAY:

Let's face it — a lot of us were born with a sweet tooth. The sweet taste of sugary treats can be difficult to resist. But eating a lot of sugar gives us empty calories (calories that have no nutritional value). Eating a lot of sugar can make us gain weight and can even cause us to develop cavities. So, try using healthier swaps to get the sweet taste you love without the added sugars!

Naturally occurring sugars are found naturally in foods such as fruit (fructose) and in beverages such as milk (lactose).

Added sugars are sugars added to foods and beverages when they're processed or prepared. Added sugars can have sneaky names and are found in various forms.

For example, added sugars can be found in beverages like flavored milk and sweetened juice, coffee or tea. They're also in energy bars, sweetened yogurt, jellies, jams, frozen yogurt, cookies and cake. Here are some names for added sugars: agave nectar, corn sweetener, corn syrup, dextrose, evaporated cane juice, fructose, fruit juice concentrates, glucose, honey and sucrose.

To make it easier for all of us to figure out if there are added sugars in our favorite foods and beverages, products must now use the updated Nutrition Facts label that provides information on Added Sugars. You can find the Added Sugars listed under Total Sugars.

SAY:

The American Heart Association³.

SAY:

Make your own snack mix without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (unsugared/unfrosted) – and skip adding any candy!

- Instead of 1 cup heavy cream, use 1 cup evaporated fat-free milk or ½ cup low-fat plain yogurt and ½ cup no-salt-added low-fat plain cottage cheese blended together.
- Instead of 1 tablespoon butter, use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 2¼ teaspoons liquid canola or corn oil.
- Instead of ice cream bars, enjoy frozen fruit bars (made with 100% fruit juice).
- Instead of a doughnut, enjoy a whole-grain thin bagel or slice of whole-grain toast.
- Instead of a hot fudge sundae, try

SAY:

Today, we are going to learn how to make a healthy meal. We will use fresh ingredients and simple cooking techniques. Remember, it's important to eat a variety of fruits and vegetables to get all the nutrients your body needs.

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?