

Nutrition Tidbit: **Cutting Back on Sweets.**

Cutting back on sweets doesn't need to mean cutting them out. While removing sweets from a child's diet might be the ideal, it also can be very challenging. However, simply cutting back can have health benefits of decreasing empty calories and allowing for more nutrient dense foods in place of the sweets.

Preschoolers should consume no more than about 4 teaspoons of added sugar a day; average intake is 12 tsp a day

Children ages 4-8 should consume no more than about 3 teaspoons of added sugar a day; average intake is 21 tsp a day

Pre-teens and teens:, the maximum amount of added sugar included in daily diet should be no more than 5 to 8 teaspoons of added sugar a day; average intake is 34 tsp a day

I've included a short list of common foods kids eat as a reference (from the American Heart Association) of how much added sugar is in these foods.

Food	Tsp of sugar
Soda, 12 oz can	8 tsp
Canned peaches in heavy syrup, 1 cup	7 tsp
Jelly beans, 10 large	4.8 tsp
Fruit snacks	2-3 tsp
Nonfat fruit yogurt, 6oz	4-7 tsp depending on variety
Milk chocolate candy bar 1.5 oz	4.8 tsp
Cake doughnut	4.6 tsp
Hot chocolate	4 tsp
Fruit punch drink, 12 oz	3.8 tsp
Angel food cake, 1 slice	3.8 tsp
Chocolate puff cereal, 1 cup	3.5 tsp
Vanilla ice cream, ½ cup	3 tsp
Pancake syrup, 1 tbsp	1.6 tsp

WHAT TO DO? Start small, but start making changes!