

Stop the Summer Sugar!

As summer approaches, we're starting to spend more time outside in the sun! This means picnics, yardwork, outdoor sports, and family time outside. With this, there is the risk of consuming too much **sugar**.

To keep yourself and your family healthy and stay within your calorie needs, choose foods and beverages with **less added sugars**. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits.

Most of us eat and drink too many added sugars from the following foods:

- beverages, such as regular soft drinks, energy or sports drinks, fruit drinks, sweetened coffee and tea
- candy
- cakes, cookies, brownies, pies, and cobblers
- sweet rolls, pastries, and donuts
- ice cream and dairy desserts
- sugars, jams, syrups, and sweet toppings

You can limit your intake of added sugars by:

- drinking water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages
- choosing beverages, such as low-fat or fat-free milk and 100% fruit juice, that will boost Dairy Group and Fruit Group intake to meet recommendations
- choosing fruit as a naturally sweet dessert or sweet snack instead of foods with added sugars
- making sweet desserts and snacks, such as cookies, cakes, pies, and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them
- choosing packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup

Did You Know?

Reading the ingredient label on packaged foods can help to identify added sugars, however, the label may not always just say SUGAR. Other names for added sugars* are:

Anhydrous dextrose
Brown sugar
Confectioner's powdered sugar
Corn syrup
Corn syrup solids
Dextrose
Fructose
High-fructose corn syrup (HFCS)
Honey
Invert sugar
Lactose
Malt Syrup
Maltose
Maple syrup
Molasses
Nectars
Pancake syrup
Raw sugar
Sucrose



One way to keep yourself hydrated, cut out added sugars, and satisfy your sweet tooth is by drinking a fruit-infused water! Add slices of lemon, lime, watermelon, or cucumber to carbonated water to make water more exciting without adding calories. Here is one of our favorites:



Cucumber, Lime, and Mint Water

- 1 Lime, sliced thin
- 12 Mint Leaves (optional)
- 1 Cucumber, sliced thin
- Water (regular or carbonated)

1. Add lime slices, mint leaves, and sliced cucumber to a large pitcher
2. Add cold water to pitcher. Stir ingredients into water.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Tip: Select Farmers Markets accept SNAP benefits! Check these places out for fresh fruits, veggies, and herbs!

Why not have Just Say Yes to Fruits and Vegetables (JSY) visit your agency? We provide free nutrition education, cooking demonstrations, and produce. Please call the nutrition educator in your county listed below.

Kristyn Bopp, Nutrition Educator, 518-786-3691 x225 KristynB@regionalfoodbank.net or

Denise Schultz, Nutrition Educator, 518-786-3691 x269 DeniseS@regionalfoodbank.net

Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington counties

Monica Cieslak, Nutrition Educator, 845-534-5344 x109 or email at MCieslak@foodbankofhudsonvalley.org

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