KOHL'S KIDS Interactive Childhood Obesity Prevention Initiative Fit for Life! Presented by Living Well Fitness at Southeast Alabama Medical Center & SAMC Foundation

TIP SHEET

TEST YOUR SUGAR INTAKE

The USDA advises people who eat a 2,000-calorie healthy diet to try to limit themselves to about 10 teaspoons of added sugars per day (40 grams).

Food	TABLESPOON	% Daily Value
Snickers Bar, 2.1 oz	5 ¾	58
TastyKake Honey Bun, 3 ¼ oz	6	60
Lowfat fruit-flavored yogurt, 8oz.	7	70
Entenmann's Chocolate Fudge Cake, 3oz.	8 ½	85
Burger King Cini-minis w/ icing, 4.7 oz	9 ½	95
Pepsi, 12 oz.	10 ¼	103
Pancake syrup, ¼ cup	10 ¼	103
Hostess Lemon Fruit Pie, 4 ½ oz.	11 ½	115
McDonald's Vanilla Shake, 20 oz.	12	120
Cinnabon, 7 ½ oz.	12 ¼	123
Sunkist Orange Soda, 12 oz.	13	130
McDonald's McFLurry with butterfingers, 10oz.	13 ¾	138
Strawberry Passion Awareness Fruitopia, 20 oz.	17 ¾	178
Dairy Queen Mr. Misty Slush, 32 oz.	28	280

Source: Manufacturers, USDA, CSPI analyses and/or estimates www.cspinet.org/reports/sugar/popsugar.html

With this is mind...Take Our Challenge!

Parent Challenge:

Take a look at your lifestyle this week and write down several unhealthy habits that you have.

Next week we will discuss these unhealthy habits and how to make them healthier.

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Kid Challenge:

Look at the food labels for your favorite snack, and with the help of your parents, determine if they are healthy (Green Light), okay every now and then (Yellow Light), or unhealthy (Red Light).

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