



APRIL UPDATE

FRESH FRUIT & VEGETABLE

Added Sugar

Added sugars are commonly found in many of the foods we eat today. Eating added sugar in moderation can still be part of a healthy diet while meeting food group and nutrient goals. Most added sugar comes from sugar-sweetened beverages, desserts and sweet snacks, candy, breakfast cereals and bars, and coffee and tea (with the addition of sugar). Below are a few tips to keep added sugar intake at or below 6% of your total calories.

- **Replace sugar sweetened beverages with low or no sugar added versions:** Rather than buying soda, juice, or sports drinks, try water with lemon, seltzer or a refreshing smoothie like the recipe below. These items will hydrate you and your family without the added sugar!
- **Snacks/cereal on the go:** Choosing snacks that your kids will enjoy while keeping it healthy can be tough! Focus on buying whole grain breakfast cereals and bars, such as honey nut cheerios or kashi berry super loops. Low added sugar snacks also include popcorn, corn tortilla chips, fruit leather or nature valley honey oats granola bars that kids can eat on the go.
- **Limit Juice:** Try giving your kids only 1 glass of 100% juice a day. This can be replaced with more nutrient dense options such as milk or water. If it's a challenge to reduce juice consumption, try a glass of water with a splash of juice for flavoring. This will limit added sugar intake while keeping the flavor!
- **Homemade dessert is the way to go:** Candy or sweets can be something children look forward to after or in between meals. Try making simple desserts like dark chocolate covered banana or strawberries (you can freeze them too if preferred) or a dish of yogurt with honey and granola for a sweet treat.

This institution is an equal opportunity provider.

- Spinach
- Radicchio
- Blueberries
- Cucumber
- Mushroom
- Carrot
- Pomelo
- Banana

Blueberry Spinach Breakfast Smoothie

Serves 1-2

Ingredients

- 3 tbsp old fashioned oats
- 1 cup fresh spinach
- 1 cup frozen blueberries
- 1/3 cup Greek yogurt
- 3/4 cup milk
- Optional: 1/8tsp cinnamon



Instructions

- Place all ingredients in a blender and blend until smooth. Serve immediately.

