

4 Sources of Hidden Sugar & Easy Swaps



Why Should You Use This Guide?

- Many foods marketed toward children are labeled as healthy yet contain high amounts of sugar.
- This leads to blood sugar instability, which is associated with: craving sweets, difficulty concentrating, mood disturbances, and weight gain.
- Use this guide to help you identify some common high sugar snacks that most kids eat regularly.
- Easy alternatives are listed, allowing you to quickly start making small changes toward improving your child's health.



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1



CEREAL

- Most breakfast cereals are high in sugar and low in protein and fiber, making them a ticking time bomb for the blood sugar crashes that cause cravings. Honey Nut Cheerios has 9 grams of sugar* per 3/4 cup - and we all eat more than that! For comparison, 2 Chips Ahoy cookies have 11 grams.

***For Reference: 4 grams of sugar equals roughly 1 teaspoon**



QUICK FIX

- Look for cereal with at least 3 grams of fiber and 3 grams of protein and aim for no more than 6 grams of sugar per serving.
- A few types that I recommend include:
- **Nature's Path** Heritage O's, Heritage Flakes, Flax Plus Multibran Flakes
- **Kind Healthy Grains** Dark Chocolate Clusters - this one has 7 grams of sugar but is pretty good because it is really high in protein.

2



GRANOLA BARS

- Many granola bars have as much sugar as a typical chocolate bar. A 31 gram Quaker Dips Caramel nut granola bar has 14 g of sugar. For comparison, a 43 gram Hershey's Cookies and Cream chocolate bar has 19 g of sugar - they both have the same amount of sugar gram for gram!



QUICK FIX

- A much better option for snacks is a couple of homemade energy balls - they can be made in 5-10 minutes and will provide a boost of protein as well as a bit of sweetness

Basic Energy Balls Recipe

1. 1 cup rolled oats
2. 1 cup any nut or seed butter with NO added oil
3. 2/3 cup shredded coconut
4. 1/4 cup honey
5. 1 tsp vanilla
6. 1/2 cup ground flax or chia
7. 1/2 cup dark chocolate mini chips

Mix ingredients together. Form into golf ball sized balls and enjoy!



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3



YOGURT

- Yogurt can have sugar values comparable to ice cream. For instance, MInigo Peach Vanilla has 6 grams of sugar in a 1/4 cup serving. Chapman's Vanilla Ice cream has 11 grams in a 1/2 cup. That's less sugar per cup than the yogurt!



QUICK FIX

- Not many people enjoy plain unflavoured yogurt but you can gradually change your taste starting by mixing in a bit of plain yogurt with the flavoured - even if you start with a spoonful of plain and the rest is flavoured. Over a few weeks or months, gradually add more plain until the mixture is half plain and half flavoured.

4



POP & JUICE

- Luckily, pop and juice are less popular these days and water is encouraged, but it is worth pointing out that it is still a large portion of many kids' daily sugar intake.



QUICK FIX

- Making the switch from juice or pop to water can be tough, but start by diluting pop with sparkling water and juice with still water. Even a 4 to 1 juice to water ratio is a good start.
- Fruit infused water is a good substitute - slice up 1/2 cup berries or melon & leave it in a jug of water overnight - strain in the morning and enjoy. You can also buy special "infuser jugs", but it is not necessary.



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