



A DAY OF ADDED SUGAR

Ages	Breakfast	Lunch*			Snack	Dessert	Total	Discretionary sugars
		Chocolate Milk, 8oz	Otis Spunkmeyer Cookie, 1	Peaches packed in light syrup, 1/2c				
	Honeynut Cheerios, 3/4c				Nature's Valley Oat and Honey Granola Bars, 2	Nutter Butter Cookie, 1		
Girls and Boys, 4 – 8 years	9g	11g	14g	10g	12g	8g	64g	22g
Girls, 9 – 13 years	9g	11g	14g	10g	12g	8g	64g	17g
Boys, 9 – 13 years	9g	11g	14g	10g	12g	8g	64g	26g
Girls, 14 – 18 years	9g	11g	14g	10g	12g	8g	64g	26g
Boys, 14 – 18 years	9g	11g	14g	10g	12g	8g	64g	38g

These standards represent those calculated by the Yale Rudd Center for Food Policy and Obesity.

The 2010 Dietary Guidelines for Americans recommend that calories from added sugars (i.e. sugars that do not naturally occur in fruits, vegetables, and dairy products) and added fats are counted as discretionary calories. In other words, once you have consumed all of the calories your body needs from nutrient-rich foods, these discretionary calories can be used to offset the empty calories of added sugar or added fats. We took the amount of discretionary calories as recommended for children by the American Heart Association and divided them in half, assuming one half would be for added fats and the other half for added sugars.**

*We took nutrition labels from three products that are being served in a school district and could all be selected for a single day's meal. Chocolate milk is always available. Fruit canned in syrup is a fruit/vegetable component. The whole grain cookie may be offered as a dessert. We recommend you create a similar chart based on the nutrition labels of products sold in your school district cafeterias on a given day.

**Johnson, R.K., Appel, L.J., Brands, M., Howard, B.V., Lefevre, M., Lustig, R.H., Sacks, F., Steffen, L.M., Wylie-Rosett, J. (2009). Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*, 120, 1011 – 1020.

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