

Nut Talk: Which Food Has More Sugar?

OBJECTIVE:

The purpose of this week's Nutrition Talk is to shed some light on the amount of sugar that is found in the foods we eat daily. Some commonly eaten foods have shockingly higher sugar contents than foods that are typically known to be high in sugar. This game is meant to encourage our fellow Aggies to be more mindful of the foods they are consuming and to hopefully encourage them to take a closer look at nutrition labels on foods they buy and at the dining commons.

MATERIALS:

- Wheel
- 5 wheel cut outs with questions
- Tape

SET-UP:

- Place questions on the wheel using tape.

WHICH FOOD HAS MORE SUGAR ACTIVITY:

How to play the game: There will be five questions placed on the wheel. Participants will spin the wheel and will have to answer whatever question the pointer falls on. There will be two food items per each question. The participant will have to guess which food (out of the two) has the most sugar content.

QUESTIONS AND THEIR ANSWERS:

1. Frozen Yogurt (~17 g sugar per 0.5 cup) or Ice Cream (~14 g sugar per 0.5 cup)? **Yogurt!**
2. Mountain Dew (31g sugar per 8 oz.) or Naked Juice (~26g sugar per 8 oz.)? **Mountain Dew!**
3. Clif Bar (22g sugar in 1 bar) vs Snickers Bar (27g sugar in 1 bar)? **Snickers!**
4. Tazo Green Tea (bottled) (30 g sugar per bottle) or Starbucks DoubleShot (26g per can)? **Tazo!**
5. Vitamin Water (31g per bottle) vs Milk (13 g per cup)? **Vitamin Water!**

Some Extra Pointers:

Excessive amounts of sugar consumed can lead to a higher risk of Cardiovascular Disease, Diabetes, and Obesity. Sugar in moderation is key! It's always a good idea to look at nutrition labels to have a better idea of what you are exactly putting into your body.

PRIZE SYSTEM: Anyone who comes to the table and actively participates! :)

Fun Facts/Tips:

Frozen Yogurt vs Ice Cream:

-In order for something to be called ice cream, it must have at least 10% milk fat. Premium ice cream has as much as 16%.

-Frozen yogurt has more sugar because of the fruit, syrups, and honey mixed, and other toppings mixed into it.

-“Choose toppings such as fresh fruit, granola and nuts to get the antioxidants, protein and fiber. These toppings will also likely be lower in calories, fat and sugar than other toppings. If you prefer ice cream, try decreasing your fat intake elsewhere in your diet to make up for the higher fat content. Another alternative is to choose reduced-fat ice cream.”

Source: <http://healthyeating.sfgate.com/sugar-content-yogurt-vs-ice-cream-1932.html>

Clif Bar vs Snickers:

-These are made to be energy dense and for athletes, not as a meal substitute. They contain more sugar because of the fruit and syrups used to bind it together.

Source: <https://spoonuniversity.com/lifestyle/clif-bars-are-super-unhealthy>

Source: <http://www.webmd.com/diet/features/the-best-of-the-bars#1>

Mountain Dew vs Naked Juice:

Mountain Dew has more caffeine and sugar than Coke. It originally was a mixer for bourbon!

Source: <http://www.sugarstacks.com/beverages.htm>

Tazo Tea vs Starbucks DoubleShot:

-Bottled tea is not a good source of antioxidants. The antioxidants in tea give it a bitter taste. In order to make bottled tea more palatable, it is watered down. Additionally, there is a continuous reduction in antioxidant levels from the time when tea is brewed until it reaches the supermarket shelf. This means not a lot of antioxidants are left over by the time you drink your tea.

Source: <http://www.fooducate.com/app#!page=product&id=4BB314EA-F0FB-11E1-83D2-1231381BA074>

Vitamin Water vs Milk:

-Vitamin Water is produced by CocaCola. Also, it has vitamins and minerals added to it, but the vitamins and minerals added to it are micronutrients we already get enough of. Some people may lack it, but if there is truly a need to, eating vitamins might be better to consume less sugar.

Source: <http://gawker.com/5607119/hello-im-an-idiot-who-thought-vitaminwater-was-healthy>

Source:

<http://www.ecowatch.com/5-reasons-why-vitaminwater-might-be-just-as-bad-for-you-as-coke-1882051750.html>