Healthy Eating in Indian Country: 8 Eating Less Sugar

Many people eat too much sugar. Much of the sugar we eat is in processed foods. Some foods high in added sugar are candies, soft drinks, and cakes. These foods are also high in calories and may add unwanted weight. Some added sugars are white sugar, brown sugar, honey, molasses, and syrups.

Why Eat Less Sugar?

Eating a lot of sugary foods can lead to tooth decay. The more often you eat these foods, even in small amounts, the more you are at risk for tooth decay.

- Babies do not need sweetened drinks. Use only formula, milk, or water in baby bottles to help prevent tooth decay.
- Regular daily brushing with a fluoride toothpaste helps prevent tooth decay.

Easy Ways To Lower Sugar in Your Meals

It is all right to have high-sugar foods now and then. Try not to eat them every day, but when you do, eat them with your meals.

Instead of Foods With Added Sugar...

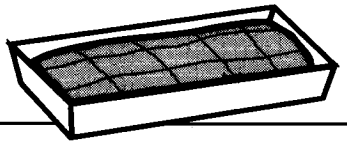
- fruits canned in heavy syrup
- presweetened cereal
- sugar-sweetened fruit punches, ades, soft drinks with added sugar
- coffee or tea with added sugar
- candy, candy bars, cookies, cakes, pies, pastries

...Try Foods Lower in Sugar

- fresh fruits or fruits canned in natural juice or light syrup
- plain cereal topped with fruit
- water, 100-percent fruit juices
- coffee or tea without sugar
- crackers, plain popcorn

Did You Know?

- A 12-ounce cola contains about 8 teaspoons of sugar.
- A 1/2-cup serving of peaches in heavy syrup has 4 teaspoons of added sugar.



LOW-SUGAR BROWNIES

Makes 16 brownies

1/3 cup margarine or butter
1 ounce unsweetened baking chocolate
1/4 cup sugar
1 tablespoon honey
1/2 cup dry egg mix plus 1/2 cup water
3/4 cup flour
1/2 teaspoon baking powder

1. Melt margarine and chocolate in pan over low heat. Remove from heat. Cool slightly.
2. Add sugar and honey. Mix well.
3. Add egg mix. Beat well.
4. Combine flour and baking powder.
5. Stir into chocolate mixture. Mix well.
6. Pour into a lightly oiled 8- by 8-inch pan.
7. Bake at 350 degrees for 20 to 25 minutes.
8. Cool. Cut into 16 squares.

Nutrition information for 1 brownie

Calories = 97 Carbohydrates = 10 grams Protein = 2 grams
Total Fat = 6 grams Saturated Fat = 1 gram Cholesterol = 23 milligrams Sodium = 82 milligrams

LOW-SUGAR APPLE DESSERT

Makes 5 servings, 1/2 cup each

3 envelopes unflavored gelatin
1 46-ounce can apple juice
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
5 cups apples, peeled and sliced
1 tablespoon margarine or butter

1. Combine gelatin, apple juice, cinnamon, and nutmeg in a large skillet. Stir well. Let stand 1 minute.
2. Cook over low heat 1 minute or until gelatin dissolves.
3. Add apples. Cover and continue to cook over low heat until tender, about 20 minutes.
4. Stir apples gently. Spoon pan juices over apples several times during cooking.
5. Add margarine. Stir gently until margarine melts. Remove from heat.
6. Cover and refrigerate until chilled. Spoon mixture into dessert dishes to serve.

Nutrition information for 1/2 cup

Calories = 244 Carbohydrates = 53 grams Protein = 4 grams
Total Fat = 3 grams Saturated Fat = 1 gram Cholesterol = 0 milligrams Sodium = 39 milligrams