

Beat Sugar Addiction Pledge

After determining the amount of added sugar in your children's diet, sit down with them and select an age-appropriate prize that they will earn after successfully completing each step. For younger children, attach a picture of what the prize looks like and for older children, have them write down what it will be.



I, _____, promise that I will do my best to follow this program. I understand that too much sugar is not healthy for me.

By following the BSAN for Kids program, I will earn the following:

After Step 1: Eliminate soda, energy drinks, coffee, and caffeinated tea; limit juice; and replace flavored milk, flavored water, and sports drinks with plain milk and water,

I earn: _____

After Step 2: Replace sugary breakfast cereal and avoid pastries, Pop Tarts, and doughnuts, and eat whole grains, whole fruit, and protein at breakfast,

I earn _____

After Step 3: Limit sweet treats to one a day,

I earn _____

After Step 4: Separate dessert from dinner and limit a special dessert to once a week,

I earn _____

After Step 5: Stop the sweet dipping and replace hidden sugars in food with healthy substitutes,

I earn _____

After I finish the program, I agree to keep up the great changes that I have made and

I earn _____

Signature of child

Signature of parent

Daily Added Sugar Tracking Tool

The following calculation will give you a ballpark figure for the grams of added sugar that your children consume in a typical day. For a more accurate measurement, go to www.BuildHealthyKids.com where you will find a sugar calculator. Look at the Nutrition Facts label the food or beverage container for the amount of sugars and serving size.

1. Look at the beverages your children drink and add up the amount they typically drink in a day. Look at the nutrition facts label on the bottle and put in the amount of sugars for

a. Soda:

Grams of sugars per serving _____ × number of servings
= _____ grams of sugar from soda

b. Flavored milk:

Grams of sugars per 8 oz serving _____ minus 12 grams (*lactose sugar in 8 oz regular, unflavored milk*) × number of servings _____
= _____ grams of sugar from flavored milk

c. Juice:

Grams of sugars per serving _____ × number of servings (*minus amount your children can have in a day from the number of servings: ages 4 to 6, 6 oz; ages 7 to 13, 8 oz; ages 14 to 18, 12 oz*) =
_____ grams of sugar from juice

d. Energy drinks:

Grams of sugar per serving _____ × number of servings = _____ grams of sugar from energy drinks

e. Flavored water:

Grams of sugar per serving _____ × number of servings = _____ grams of sugar from flavored water

f. Sports drinks:

Grams of sugar per serving _____ × number of servings = _____ grams of sugar from sports drinks

g. Tea and iced tea:

Grams of sugar per serving _____ × number of servings = _____ grams of sugar from tea and iced tea

h. Coffee:

Grams of sugar per serving _____ × number of servings = _____ grams of sugar from coffee

i. Total: Add the grams of sugar from each of the beverages above to get a daily total amount of sugars from beverages in your children's diet = _____.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 20%	
Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Serving Size

Sugars

Daily Added Sugar Tracking Tool (continued)

2. Add up the sugars consumed at breakfast:

- a. Cereal: _____ grams
- b. Pop Tarts/doughnuts/pastries: _____ grams
- c. Pancakes/waffles: _____ grams
- d. Syrup: number of tablespoons of maple syrup _____ \times 12 = _____ grams of sugar
- e. **Total sugar at breakfast = _____ grams**

3. Add up the sugars your children typically eat at lunch time. Look at the Nutrition Facts label to determine grams of sugars per serving. Do not count fruit and unsweetened dairy products.

- a. For yogurt, multiply grams of sugars by 60 percent: grams of sugars per serving _____ \times 0.6 = sugars from yogurt: _____ grams
- b. Sugars in entrée: _____ grams
- c. Sugars in dessert: _____ grams
- d. Bread: If sugar is listed in the ingredient list, take the grams of sugars in bread \times 0.93 = _____ grams of sugars in bread (French and Italian bread typically do not have sugar added to the recipe).
- e. **Total sugar at lunch = _____ grams**

4. Add up the sugars your child eats at dinner:

- a. Dips: _____
- b. Dessert: _____
- c. Other: _____
- d. **Total sugar at dinner = _____**

5. Add up sugars consumed at snack time:

- a. Morning snack: _____ grams
For fruit gummies: multiply grams of sugars per serving by 0.66 for grams of sugars in the fruit gummies or fruit bars
- b. Afternoon snack: _____ grams
- c. After dinner snack: _____ grams
For ice cream: multiply grams of sugars in ice cream \times 0.86 = _____ sugars in ice cream
- d. **Totals for sugar from snacks = _____ grams**

6. Candy: If you have not already included candy, add that into the calculation now

- a. Add up the grams of sugars from candy that your child consumes in a typical day:
_____ total grams

(continued)

Daily Added Sugar Tracking Tool (continued)

7. If you have not already counted the amount of white sugar, brown sugar, honey, or any other sugar, add it in now:

- a. Add up teaspoons of white sugar, honey, brown sugar, and other sugars that your children add to their food or drink each day and multiply it by 4 for grams of sugar. _____ teaspoons of added sugar \times 4 = total grams of sugar per day _____ from sugar added to food and drink

ADD UP THE SUBTOTALS FROM 1 THROUGH 7 = _____ GRAMS = DAILY SUGAR GRAND TOTAL

Compare your children's daily grand total to their recommended intake:

Age	Added sugar (grams)	Daily sugar grand total
Children 2 to 3	17 grams	#1 _____ grams
Children 4 to 8	15 grams	#2 _____ grams
Boys 9 to 13	20 grams	#3 _____ grams
Boys 14 to 18	33 grams	#4 _____ grams
Girls 9 to 13	15 grams	#5 _____ grams
Girls 14 to 18	20 grams	#6 _____ grams
GRAND TOTAL:		= _____ grams

If your child's daily sugar grand total exceeds the recommended amount, begin the *Beat Sugar Addiction Now for Kids* program as it was designed just for your child!

Daily Added Sugar Tracking Tool (continued)

For shock value, calculate what the daily sugar grand total equals over the course of a year.

DAILY SUGAR GRAND TOTAL _____ X 365 DAYS = _____ GRAMS = TOTAL YEARLY CONSUMPTION

TRANSLATE GRAMS TO CUPS

Total daily grams _____ ÷ 4 = _____ teaspoons

Total teaspoons _____ ÷ 48 = _____ cups

HOW MUCH DOES THAT EQUAL IN 5 LB (2.28 KG) BAGS?

Total cups of sugar _____ ÷ 11.25 = _____ 5 lb (2.28 kg) bags of sugar per year

Daily Beverage Intake Form

Write down how much of each of these beverages your children consume in one day. For example, if your children drink $\frac{1}{2}$ cup (120 ml) of juice for breakfast, write $\frac{1}{2}$ cup (120 ml) in the column under breakfast for Juice: 100 percent. Ask your children what they drank as soon as they get home from school or a play date. You can do this for two to three days and average the amounts to get a more accurate measure.

Beverage	Breakfast	Morning	Lunch	Afternoon	Dinner	After dinner
Water						
Juice: 100 percent						
Juice drink						
Milk						
Flavored milk						
Soda						
Diet soda						
Energy drink						
Flavored water						
Sports drink						
Coffee						
Tea and iced tea						

Coffee and Tea Goal Sheet

Create a calendar, use the one in your home, or download one from the Internet.

Directions: Children earn 5 points each day they reduce the amount of coffee and caffeinated tea they consume. Deduct 5 points each time they drink more than their daily allotment of coffee and caffeinated tea. Fill in the calendar with starting amounts and daily goals and post it on the refrigerator so they can see what is expected each day.

Step 1: Eliminate caffeinated tea

Each week, replace 1 cup (235 ml) of hot or cold caffeinated tea with water. Continue to eliminate 1 cup (235 ml) of hot or cold caffeinated tea a week until zero is reached.

Step 2: Eliminate coffee

Reduce coffee drinks by one a week and replace with water until zero is reached.

The maximum points children earn depends on where they started. Determine their maximum points by multiplying the number of days it will take to reduce their current caffeinated tea and coffee consumption until goal. For example, if they currently consume two coffee drinks a day and one iced tea, it will take them 3 weeks (21 days) to reach the goal. They would earn 5 points for each of the 21 days, for a total of 105 points.

To determine whether they reached their goal, multiply 105 points by 80 percent (0.8) = 84 points, 60 percent (0.6) \times 105 = 63 points. Now you can determine whether they achieved the goal, i.e., 84 to 105 points, got second place if points fell in the 63 to 83 point range, or need to try again if they scored under 63 points.

Made goal: If they earn 80 to 100 percent of their points.

Second place: If they earn 60 to 79 percent of their points, they should follow the program until they are able to avoid coffee and tea at least 6 or 7 days a week.

Try again: If they earn fewer than 60 percent of their points, they should go back to whichever step is necessary and continue until they are able to avoid coffee and caffeinated tea 6 or 7 days a week.

I will earn _____ for reaching my goal.

Flavored Milk Goal Sheet

Create a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time your children reduce flavored milk outside the home during step 1, drink diluted milk during step 2 (if you are following this optional step), and consume the reduced amount during step 3, until they reach their goal. Deduct 5 points when they drink more than their daily flavored milk allotment. Fill in the calendar with starting amounts and daily goals and post it on the refrigerator so your children can see what is expected of them each day.

Daily milk or milk alternative goals for children:

2 to 3 years old: 2 cups (470 ml) plain milk per day

4 to 8 years old: 2½ cups (570 ml) plain milk per day

9 to 13 years old: 3 cups (700 ml) plain milk per day

14 to 18 years old: 3 cups (700 ml) plain milk per day

Step 1: Reduce chocolate and other flavored milk outside the home by 1 cup (235 ml) or one 6- to 8-ounce (175 to 235 ml) box every four days. Replace the flavored milk they were drinking outside the home with plain milk.

Step 2 (optional): Dilute flavored milk by 2 oz (60 ml) on day one and 1 oz (28 ml) on day 3 until your children react to the difference in taste. Start step 3 with the diluted milk that your children tolerate.

Plain milk to flavored milk ratio:

2 oz to 6 oz (60 to 175 ml) (day 1)

3 oz to 5 oz (90 to 150 ml) (day 2)

4 oz to 4 oz (120 to 120 ml) (day 3)

5 oz to 3 oz (150 to 90 ml) (day 4)

6 oz to 2 oz (175 to 60 ml) (day 5)

Step 3: Reduce the amount of flavored milk your children drink (diluted or undiluted) by 1 oz (28 ml) for younger children and 2 oz (60 ml) for older children at each serving until your children no longer drink any flavored milk. Replace the flavored milk with plain low-fat milk until your children reach their daily goal for dairy (or dairy alternative).

continued on next page

Flavored Milk Goal Sheet (continued)

The maximum points they can earn depends on where they started. Determine the maximum points by multiplying the number of days it will take your children to reduce their current flavored milk consumption until they reach goal. If your young child currently consumes 3 cups (700 ml) of flavored milk a day (one at each meal including one at school) he or she would earn 60 points. It would take 4 days of 5 points a day to stop drinking flavored milk at school, plus it would take him or her 8 days to eliminate the flavored milk (1 oz/day reduction) at lunch and dinner (5 points \times 4 = 20 for eliminating chocolate milk outside the home, plus $8 \times 5 = 40$ to eliminate chocolate milk at home, for a grand total of 60 points).

Made goal: If they earn 80 to 100 percent of their points.

Second place: If they earn 60 to 79 percent of their points, they should follow the program until they are able to avoid flavored milk at least 6 to 7 days a week.

Try again: If they earn fewer than 60 percent of their points, they should go back to whichever step is necessary and continue until they are able to avoid flavored milk 6 to 7 days a week.

I will earn _____ for reaching my goal.

Flavored Water and Sports Drink Goal Sheet

Create a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time your children drink water and not a sports drink during an activity and each time they reduce and replace flavored water and sports drinks with plain water. Deduct 5 points each time they drink more than the daily allotment of flavored water or sports drinks and each time they consume a sports drink during an activity (unless medically necessary). Fill in the calendar with starting amounts and daily goals and post it on the refrigerator so your children can see what is expected each day.

Step 1: Bring water to sports events.

Step 2: Reduce and replace sports drinks. Reduce the amount of sports drinks your children consume daily by $\frac{1}{2}$ cup (120 ml) a day until they reach zero and replace with $\frac{1}{2}$ cup (120 ml) water.

Step 3: Reduce and replace flavored water. Reduce flavored water in your children's diet by $\frac{1}{2}$ cup (120 ml) a day until they reach zero and replace with $\frac{1}{2}$ cup (120 ml) water.

Maximum points they can earn depends on where they started. Determine maximum points by multiplying the number for days it will take your child to reduce their current sports drink and flavored water consumption until they reach the goal. If your child currently drinks 1 sports drink and 2 flavored waters a day plus they bring sports drinks to soccer games they would earn a maximum of 35 points: 2 days \times 5 points to stop daily sports drinks ($\frac{1}{2}$ cup [120 ml] reduction a day), plus 4 days \times 5 points ($\frac{1}{2}$ cup [120 ml] reduction a day) to stop daily flavored water, plus if they brought water and no sports drinks to soccer that week, they would earn another 5 points.

Made goal: If they earn 80 to 100 percent of their points.

Second place: If they earn 60 to 79 percent of their points, they should follow the program until they are able to avoid flavored water and sports drinks at least 6 to 7 days a week.

Try again: If they earn less than 60 percent of their points, they should go back to whichever step is necessary and continue until they are able to avoid flavored water and sports drinks 6 to 7 days a week.

I will earn _____ for reaching my goal.

Soda and Energy Drink Goal Sheet

Create a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time they meet daily soda and energy drink reduction goals during steps 2 and 3. Deduct 5 points each time they consume more soda and energy drinks than their daily allotment. Fill in the calendar with starting amounts and daily goals and post it on the refrigerator so you can see what is expected each day.

Step 1: Prepare the house by throwing away soda and energy drinks or do not buy any more and consume what is left in the house.

Step 2: Reduce decaffeinated soda consumption by one can or one (8 oz [235 ml]) glass every four days until they aren't drinking it anymore.

Step 3: Reduce their intake of caffeinated soda or energy drinks by one drink (1 can or 8 ounces [235 ml]) a week until they aren't drinking it anymore.

The maximum points they can earn depends on where they started. Determine maximum points by multiplying the amount for days it will take your children to reduce their current soda and energy drink consumption until they reach the goal. For example, if your children drinks three cans of caffeinated soda and one energy drink a day, it would take 3 weeks to reach the goal for a maximum of 105 points ($21 \text{ days} \times 5 = 105$).

Made goal: If they earn 80 to 100 percent of their points.

Second place: If they earn 60 to 79 percent of their points, they should follow the program until they are able to avoid soda and energy drinks at least 6 to 7 days a week.

Try again: If they earn fewer than 60 percent of their points, they should go back to whichever step is necessary and continue until they are able to avoid soda and energy drinks 6 to 7 days a week.

I will earn _____ for reaching my goal.

Juice Goal Sheet

Create a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time your children drink 100 percent juice in step 1 and 2 and consume their reduced daily amount in step 3 until they reach their goal. Deduct 5 points when they drink juice drinks or consume more than their daily juice allotment. Fill in the calendar with starting amounts and daily goals and post it on the refrigerator so your children can see what is expected each day.

Daily 100 percent juice intake goal by age:

2 to 3 years: 4 oz (120 ml)

4 to 6 years: 6 oz (175 ml)

7 to 13 years: 8 oz (235 ml)

14 to 18 years: 12 oz (350 ml)

Step 1: Replace your children's juice drink with 100 percent juice.

Step 2 (optional): Dilute 100 percent juice by replacing 1 oz (28 ml) juice with 1 oz (28 ml) water until tolerance.

Step 3: Reduce the amount of juice your children drink by 2 oz (60 ml) a day for children under 7 and 4 oz (120 ml) a day for children 7 years and older.

Step 4: Reduce the number of boxes that they drink by one every three days until the goal is met.

The maximum points they can earn depends on where they started. Determine the maximum points by multiplying the amount of days it will take your children to reduce their current juice consumption until they reach the goal.

For example, if your children currently drink two juice boxes plus 8 oz (235 ml) of juice per day, the maximum points they can earn is 70 if you took the following steps:

- You switched their juice from juice-ade to 100 percent juice, which they drank for 3 days (15 points) before diluting it.
- Next, you diluted their 8 oz (235 ml) glass of juice in the morning until they noticed (3 days of diluting \times 5 = 15 points).
- Their total daily amount allowed is 4 oz (120 ml), so it took you 2 days (10 points) to lower the amount to 4 oz (120 ml).
- Then, you focused on eliminating the juice boxes, which took 6 days (30 points).

Juice Goal Sheet (continued)

Made goal: If they earn 80 to 100 percent of their points.

Second place: If they earn 60 to 79 percent of their points, they should follow the program until they are able to limit their 100 percent juice intake at least 6 to 7 days a week.

Try again: If they earn fewer than 60 percent of their points, they should go back to whichever step is necessary and continue until they are able to limit their 100 percent juice intake 6 to 7 days a week.

I will earn _____ for reaching my goal.

Revamp Breakfast Goal Sheet

Make a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time your children eat the following at breakfast: a healthy source of protein (5 points), a whole grain (5 points), and a whole fruit (5 points). Deduct 5 points when your child eats processed grain or sugar-sweetened breakfast items.

Week 1: Add a healthy source of protein at each breakfast.

Week 2: Add a whole fruit at breakfast.

Weeks 3 and 4: Serve 1 to 2 servings of whole grains for breakfast and switch from processed to whole grains.

The maximum points they can earn is 325.

Made goal: Earned 275 to 325 points.

Second place: Earned 200 to 275 points: Keep following the program until your child earns more points.

Try again: Earned fewer than 200 points. Start the month over again.

I will earn _____ for reaching my goal.

Build Your Breakfast

Start your day off strong! Build your own breakfast by choosing one item from each column below.

A healthy breakfast = protein + 1 whole fruit + whole grain

1. Start with protein

- | | |
|---|---|
| <input type="checkbox"/> Eggs (1) | <input type="checkbox"/> Milk (8 oz [235 ml]) |
| <input type="checkbox"/> Turkey/chicken sausage (2 links) | <input type="checkbox"/> Cheese (1½ oz [43 g] hard cheese) |
| <input type="checkbox"/> Nitrate-free sliced meat (2 slices or 1 to 2 oz [8 to 16 g]) | <input type="checkbox"/> Seeds (½ to 1 oz 14 to 28 g]) |
| <input type="checkbox"/> Yogurt (6 oz [172 g]) | <input type="checkbox"/> Nuts, nut butter (1 to 2 tbsp [9 to 18 g]) |

Note: A child younger than 4 would eat half the serving size and a child older than 14 could eat twice the serving size.

2. Add some color with whole fruit

- | | |
|---|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Unsweetened applesauce | <input type="checkbox"/> Fruit salad |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Any other whole fruit |
| <input type="checkbox"/> Orange | |

3. Choose a whole grain for energy (no more than 4 grams of sugar per serving)

- | | |
|--|---|
| <input type="checkbox"/> Oatmeal (½ cup [40 g]) | <input type="checkbox"/> Whole grain bagels (1 medium) |
| <input type="checkbox"/> Farina (½ cup [40 g]) | <input type="checkbox"/> Whole grain waffles (1 waffle) |
| <input type="checkbox"/> Brown rice cereal (1 cup [180 g]) | <input type="checkbox"/> Whole grain pancakes (2 pancakes) |
| <input type="checkbox"/> Breakfast cereal (1 cup [180 g]) | <input type="checkbox"/> Whole grain French toast (1 piece) |
| <input type="checkbox"/> Whole-grain toast (1 piece) | |

Note: A younger child would eat one serving while an older child may eat two servings.

Sugar Disorder Checklist

Place an X next to each symptom that your children experience and note when they usually occur. For example, you may notice that your child gets headaches two hours after he eats. If symptoms are worrisome or persistent despite cutting out excess sugar, consult your pediatrician. Note: Low blood sugar will not usually be detected by standard testing and is based on symptoms rather than lab tests.

Symptoms of low blood sugar can include the following:

- | | |
|--|--|
| <input type="checkbox"/> Hunger pain/stomachache, extreme hunger | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Severe sugar cravings | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Shakiness or tremors | <input type="checkbox"/> Sleepiness |
| <input type="checkbox"/> Moodiness or being cranky | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Learning and behavioral disorders | <input type="checkbox"/> Difficulty speaking |
| <input type="checkbox"/> Nervousness | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Weakness |
| <input type="checkbox"/> Pale gray skin color | <input type="checkbox"/> Blurred vision |

Symptoms of high blood sugar can include the following:

- | | |
|---|---|
| <input type="checkbox"/> Increased urination | <input type="checkbox"/> Increased hunger |
| <input type="checkbox"/> Increased thirst | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Black velvety discoloration to the neck and skin folds | <input type="checkbox"/> Slow healing sores |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Recurrent infections |
| | <input type="checkbox"/> Blurred vision |

Note: Some children experience no symptoms of high blood sugar.

Daily Snack Tracking Tool

Make a calendar, use the one in your home, or download one from the Internet. Offer your children a healthy snack up to three times a day and remember to limit sweet treats to one a day.

Directions: Give 5 points or one sticker (for younger children) each time your children eat a healthy snack and deduct 5 points when they eat an unhealthy snack (exception: the once-a-day-anything-goes-treat).

Week 1: Focus on morning snacks. Replace unhealthy snacks with healthy snacks or start offering a healthy snack if your children are going more than 2½ to 3 hours between meals.

Week 2: Continue with healthy morning snacks. Offer a healthy afternoon snack.

Weeks 3 and 4: Continue with healthy morning snacks. Continue with healthy afternoon snacks. Offer a healthy after-dinner snack if there are more than 3 hours between dinner and bedtime.

The maximum points they can earn is 325.

Made goal: Earned 260 to 325 points.

Second place: Earned 195 to 259 points. Keep following the program until your children earn more points.

Try again: Earned fewer than 195 points: Start the month over again.

I will earn _____ for reaching my goal.

How to Create a Healthy Snack

Create your own snack by following this formula or choose from the list below.

A healthy snack = protein + grain, fruit, or vegetable

Two steps to a healthy snack:

1. Pick a protein
2. Then add a grain, fruit, or vegetable to go with it

Snack time is made easy by asking your child to choose from the list of healthy snacks below. There is even room to add your own favorites.

- Whole grain tortilla chips with salsa + cheese
- Hummus and pita
- Yogurt (preferably Greek) with $\frac{1}{2}$ cup [115 g] or 1 small fruit
- Crackers + cheese + grapes
- Half a sandwich + veggie sticks
- Make your own trail mix with $\frac{1}{4}$ cup [50 g] nuts, 1 cup [180 g] whole grain cereal, and $\frac{1}{4}$ cup [38 g] raisins
- Pretzels + cheese + apple
- Low-fat string cheese with sliced apple
- Mini muffins
- Nuts (almonds) + fruit (banana)
- A mini-rollup (take a small, whole grain tortilla or 1 large tortilla cut in half, spread with nut butter, and sprinkle five chocolate chips, roll, and gobble)
- Mini quiches
- Roast chick peas
- Smoothie (combine $\frac{1}{2}$ cup [115 g] plain yogurt, $\frac{1}{2}$ cup [75 g] frozen fruit, $\frac{1}{2}$ cup [120 ml] low-fat milk, and blend and drink. You can also freeze it for a frozen treat.)

List some of your favorite healthy snacks below:

Fruit Checklist

Put a sticker or check mark in the box each time your children eat a whole fruit. For younger children, have them include the color of the fruit or do a simple drawing. Try to stay within your children's daily requirement for fruit.

Age	Daily requirement for fruit	One serving	Two servings	Three servings	Four servings
2 to 3 years	1 cup (150 g) (2 fruit)				
4 to 8 years	1 to 1½ cups (150 to 225 g) (3 fruit)				
9 to 13 years	1½ cup (225 g) (3 fruit)				
Boys 14 to 18 years	2 cups (300 g) (4 fruit)				
Girls 14 to 18 years	1½ cups (225 g) (3 fruit)				

Counts as fruit	Doesn't count as fruit
Whole fruit	Gummy fruit
Unsweetened apple or pear sauce	Sweetened apple sauce or pear sauce
Unsweetened fruit salad	Sweetened fruit cocktail
¼ cup (36 g) dried fruit a day (maximum)	More than ¼ cup (36 g) dried fruit a day
Cut-up fruit packed in fruit juice	Fruit packed in heavy or light syrup
Fruit leather	Fruit-flavored candy

Make Over Dessert Goal Sheet

Make a calendar, use the one in your home, or download one from the Internet.

Directions: Give 5 points or one sticker (for younger children) each time your children leave the table without dessert during week 1 only. During week 2 onward, give them 5 points or a sticker each night they eat a healthy dessert. Deduct 5 points each time your children eat a sweet-filled dessert except for one night a week when it is encouraged.

Week 1: Separate dessert—and your child's expectation of it—from dinner.

Weeks 2 to 4: Begin to eliminate unhealthy desserts on six nights of the week. If your children eat an unhealthy dessert every night of the week, replace one unhealthy dessert with a healthy snack every three days until your children are eating one unhealthy dessert per week and six healthy snacks.

The maximum points they can earn is 100 if they entered week 2 eating an unhealthy dessert every night of the week.

Made goal: Earned 80 to 100 points or 80 to 100 percent of points.

Second place: Earned 60 to 79 points or 60 to 79 percent of points. Keep following the program until your children earn more points and are eating only one unhealthy dessert a week.

Try again: Earned fewer than 60 points or less than 60 percent of points: Continue to replace unhealthy desserts with healthy snacks and desserts until your children are eating only one unhealthy dessert a week.

I will earn _____ for reaching my goal.

Healthy Dessert Options

Try these different healthy options for dessert. We've left room for you to add your own healthy favorites under each section.

Starring fruit:

- | | |
|--|---|
| <input type="checkbox"/> Fruit and cheese slices | <input type="checkbox"/> Pear or apple sauce |
| <input type="checkbox"/> Baked fruit | <input type="checkbox"/> Fruit and yogurt parfait |
| <input type="checkbox"/> Fruit kabobs dipped in yogurt | <input type="checkbox"/> Homemade sorbet |
| <input type="checkbox"/> Fruit and chocolate | |

Our favorites:

Starring dairy:

- | | |
|---|---|
| <input type="checkbox"/> Hot milk with a dash of nutmeg or cinnamon | <input type="checkbox"/> Cheese and crackers |
| <input type="checkbox"/> Yogurt with or without a crunchy topping | <input type="checkbox"/> Bagel and cream cheese |
| <input type="checkbox"/> Homemade frozen yogurt | |

Our favorites:

Starring whole grains:

- | | |
|---|--|
| <input type="checkbox"/> Cereal with milk | <input type="checkbox"/> PB&J on toast |
| <input type="checkbox"/> Muffin | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> GORP: mixture of nuts, fruit, and whole-grain cereal | <input type="checkbox"/> Crackers and dip: hummus, nut butter, or cream cheese |

Our favorites:

Points Calendar for Tracking Hidden Sugars

Make a calendar, use the one in your home, or download one from the Internet, and fill in the weekly goals for your children so that they know what is expected of them.

Directions: During weeks 1 and 2, give your children 5 points or one sticker (for younger children) each time they do not dip their food in unhealthy sweet sauces, such as barbeque sauce, ketchup, and sweet-and-sour sauce. During weeks 3 and 4, give your children 5 points each time they eat a new low-sugar item that you replaced, e.g., low-sugar salad dressing, ketchup, or spaghetti sauce. Deduct 5 points when your children dip their food in unhealthy sweet sauces during weeks 1 and 2.

Week 1 and 2: Stop unhealthy dipping in sweet sauces at breakfast on days 1 through 3, then focus on lunch for days 4 through 8, followed by dinner on days 9 through 13.

Weeks 3 to 4: Find and replace sources of hidden sugars in your kitchen. Switch a sugar-laden item with a low- to no-sugar alternative.

The maximum points children can earn during week 1 and 2 depends on how much and when they dip. If they dip at breakfast, lunch, and dinner, for example, the maximum points earned for not dipping would be 150. Add onto the 150 points another 5 points for each item you need to replace in the kitchen. If your child does not dip in sweet sauces then the maximum points they can earn is 70 in weeks 3 and 4. Add up your children's maximum points and calculate the amount of points they need to fall into each of the categories below:

Made goal: Earned 80 to 100 percent of their points.

Second place: Earned 60 to 79 percent of their points: Keep following the program until your child no longer dips in sweet sauces more than once a week and you have replaced items with hidden sugars from your kitchen.

Try again: Earned less than 60 percent of their points: Keep working on replacing hidden sugars until you have eliminated sugar-laden items from your kitchen and/or your child no longer dips in sweet sauces more than once a week.

I will earn _____ for reaching my goal.

Ten-Point Healthy Foods Buying Pocket Guide

1. Don't pay attention to the front of the box; turn it over for the truth in determining its nutritional value.
2. Determine the serving size before eating.
3. Scan the Nutrition Facts label and look for Daily Value (DV): 5 percent DV or less is low and 20 percent DV or more is high
4. Fiber: Choose products with at least 3 grams of fiber, unless there are fewer than 80 calories per serving; then look for at least 2 grams of fiber.
5. Total carbohydrates = fiber + sugars + other. This information is especially important for diabetics.
6. Naturally occurring sugars include lactose in milk products and fructose in fruit. 4 grams of sugar = 1 teaspoon. To calculate the added sugar, subtract 12 grams of sugar (lactose) from sugars for dairy products. Yogurt: Look for no more than 23 grams of sugar per 8 oz serving, 20 grams sugar in 6 oz serving.
7. Check the list of ingredients: Avoid *hydrogenated* or *partially hydrogenated* oils. Don't buy if sugar is one of the top 3 ingredients. For grains look for "whole" in the first ingredient; e.g., whole wheat.
8. Buy food in its natural form, e.g., whole fruit instead of fruit gummies.
9. Avoid products with chemicals, such as artificial colors, flavors, and preservatives.
10. Watch out for low-fat and fat-free products, as they may be high in added sugar. Look for these names for sugar in the ingredients list: anhydrous dextrose, barley malt, brown rice syrup, cane juice, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, dextrose, fructose, fruit juice concentrates, fruit nectar, glucose, high-fructose corn syrup, honey, lactose, liquid fructose, maltose, malt syrup, maple syrup, molasses, nectars, sucrose, syrup.

Put this buying guide in your pocket or purse when you go to the grocery store to make shopping for the most nutritional foods easier and faster.



Ten-Point Healthy Foods Buying Pocket Guide

1. Look for the **nutritional value on the back of the box.**
2. **Determine the product's serving size** before eating.
3. On the Nutrition Facts label, **5 percent DV (Daily Value) or less is low** and 20 percent DV or more is high.
4. Choose products that contain **at least 3 grams of fiber.**
5. **Total carbohydrates = fiber + sugars + other.**
6. Sugars include lactose (in milk products) and fructose (in fruit). **Subtract 12 grams of sugar (lactose) from sugars for dairy products** for added sugar. In yogurt, look for no more than 23 grams of sugar per 8 oz serving, 20 grams per 6 oz serving.
7. **Don't buy if you see hydrogenated or partially hydrogenated oils** in the list of ingredients or if sugar is one of the top 3 ingredients. Look for whole grains, e.g., whole wheat.
8. **Buy food in its natural form**, e.g., whole fruit instead of fruit gummies.
9. **Avoid products artificial colors, flavors, preservatives, and other chemicals.**
10. **Watch out for low-fat and fat-free products**, as they may be high in added sugar. Look for these names for sugar in the ingredients list: **anhydrous dextrose, barley malt, brown rice syrup, cane juice, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, dextrose, fructose, fruit juice concentrates, fruit nectar, glucose, high-fructose corn syrup, honey, lactose, liquid fructose, maltose, malt syrup, maple syrup, molasses, nectars, sucrose, syrup.**

Sugar Maintenance Pledge

Sit down with your children and discuss the following list together when they have completed the program.

Have your children initial each of the following agreements after you discuss it with them.



I, _____, promise to do my best to limit sugar in my diet.

I understand that too much sugar is harmful to my body and I agree to the following:

- I will drink water, plain milk, and 100 percent juice every day and save soda, flavored milk, and other sweetened drinks for a special treat that I can have once a _____ (week/month).
- I will not drink energy drinks because they can harm my body.
- I will eat healthy whole grains for breakfast and limit doughnuts, cinnamon buns, pastries, and other sugary foods to _____ (fill in mutually agreed upon amounts, e.g., one per/month or one per week for any of them, not one of each and they will count as the once a day sweet treat).
- I get to choose the healthy snacks that I want to eat every day.
- I will limit sweet treats to one a day and if I eat more than one sweet treat a day, I understand that I will get no sweet treats the next day.
- I will limit dipping in ketchup or other sweet sauces to the following foods: _____, _____, _____.

Once a week, I will enjoy a great dessert and on the other nights I agree to eat a healthy dessert. I choose health!

Signature of child

Signature of parent

Total Points Calculation for BSAN for Kids Program

Keep track of your children's progress so that you and they can keep motivated! Choose a grand prize together and fill in the chart at the beginning and end of each step. Make sure to praise them for the points they earned and to keep it up.

Step	Maximum points (A)	Points earned (B)
Limit juice		
Replace flavored milk		
Eliminate soda and energy drinks		
Replace flavored water and sports drinks		
Avoid coffee and caffeinated tea		
Revamp breakfast		
Healthy snacking		
Healthy desserts		
Find and replace hidden sugars		
TOTAL		

Step 1: Add up the maximum points that could have been earned (column A)

Step 2: Add up the points your child earned in each step (column B)

Step 3: Divide total in column B (your child's points) by total in column A (maximum points)

Step 4: Multiply this number by 100

Step 5: Determine which prize your child earned:

Tier 1 prize (80 to 100 percent points) _____
(fill in prize)

Tier 2 prize (60 to 79 percent points) _____
(fill in prize)

Tier 3 (fewer than 60 percent points). Try again.

I will earn _____ for reaching my goal.