

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

Questions for Parents about Their Eating Habits and History

Take some time out of your busy schedules to sit down with your partner or spouse. Come together when things are not charged between the two of you and ask each other the following questions. Each partner answers each question before moving on to the next. Take turns going first. Let your partner talk without getting upset, as this is a time when anything goes. Each of your jobs is to just listen and give the other the space to really be heard without judgment. At the end of the conversation you both will decide whether following the program is right for your children.

- What was dinner time like for you growing up? Was everyone there? Was it pleasant, stressful, etc.?
- Did your parents have rules at dinner, and if so, what were they? For example, did you have to clean your plate? What would happen if you didn't follow the rules?
- Did you have to finish your vegetables before getting dessert?
- Did you celebrate with food, such as after getting good grades or winning a game? What was your favorite celebratory treat?
- When you were sick, did your parents use candy to make you feel better?
- Did you eat a lot of sugar growing up? If so what was your favorite sweet? What feeling does it bring up for you?
- Were you able to eat sugar anytime you wanted?
- Do you think that you have an issue with eating too much sugar? If yes, would you like to do something about it?
- Do you think the way you were brought up around food was healthy? Is it something that you want to pass on to your children?
- Which rules, traditions, or structures surrounding food do you want to keep and which ones do you want to throw out?

After learning about your significant other's relationship with food, you both will be in a better place to decide the best strategy for your family. Ask each other whether you both can support the changes that need to be made for your children to follow the *Beat Sugar Addiction Now for Kids* program. It is best if you both could commit to following the steps outlined in program together, but if this is not possible at this time, then at least agree to eat any sweets away from your children during the program.

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