



Nutrition News

Nutrition and Education Programs

October 2022

SUGAR, IS IT BAD FOR ME?

Sugars or carbohydrates have gotten a bad rap lately. But the body, and especially the brain, needs carbohydrates to function correctly .

Whole grains, dairy, fruits and vegetables naturally contain carbohydrates. They also contain fiber, vitamins and minerals that the body needs.

The recommended daily allowance of added sugar is around 36 grams or 9 teaspoons per day. Added sugar can be found in crackers, soda, cookies, yogurt, and also canned fruit to name a few. It's important to read the nutrition label and choose snack items that are lower in added sugar. So, next time you are needing a snack, reach for a piece of fruit or a whole grain cracker with cheese.

NATURAL VS. ADDED SUGARS

Natural Sugars

Those naturally occurring in foods



Added Sugars

Those added to foods during processing, preparation, or at the table



APPLESAUCE OATMEAL BITES

Prep: 10 min Cook: 10 min Servings:4

Recipe by: VirginiaLark



INGREDIENTS

COOKING SPRAY

1 CUP APPLESAUCE

2 CUPS QUICK-COOKING OATS

DIRECTIONS

STEP 1

PREHEAT OVEN TO 350 DEGREES F (175 DEGREES C). LIGHTLY GREASE A BAKING DISH WITH COOKING SPRAY.

STEP 2

COMBINE APPLESAUCE AND OATMEAL IN A BOWL; MIX UNTIL EVENLY MOISTENED. SPREAD MIXTURE INTO THE PREPARED BAKING DISH.

STEP 3

BAKE IN THE PREHEATED OVEN UNTIL NO LONGER STICKY, ABOUT 10 MINUTES.

STEP 4

FLIP APPLESAUCE OATMEAL ONTO A WORK SURFACE. CUT INTO BITE-SIZE SQUARES AND ALLOW TO COOL.

<https://www.allrecipes.com/recipe/259308/applesauce-oatmeal-bites/t>