



Nutrition News

Nutrition and Education Programs

October 2024

THE SCOOP ON ADDED SUGAR

The Sugary Truth

Sugar or carbohydrates are a valuable source of energy for our bodies. Added sugars are added to a food or beverage during processing and are found in foods such as ice cream, soda, and cookies. Natural sugars occur naturally in foods such as fruits, vegetables, and dairy products.

Too Much of a Sweet Thing

Too much added sugar in your diet can cause health concerns such as cavities, type II diabetes, and cancer. On average Americans consume more than 2 to 3 times the recommended amount of sugar each day.

How much is too much?

Men: No more than 9 teaspoons of sugar per day.

Women: No more than 6 teaspoons of sugar per day.

Tips for Limiting Added Sugar

- Read nutrition fact labels and ingredient lists
- Purchase less prepackaged food
- Save sweets for special occasions
- Drink more water
- Avoid regular sodas and fruit juices
- Make meals at home



PEANUT BUTTER OATMEAL BALLS

Prep: 10 min

Freeze: 30 min

Servings: 3

Recipe by: Toni Okamoto

Photo by: Alfonso Revilla



Ingredients

- 1 cup of dry oats
- 1/2 cup of creamy peanut butter
- 1/4 cup raisins

Instructions

Step 1

In a large bowl, add oats, peanut butter, and raisins. Using your hands, mix together thoroughly.

Step 2

Still using your hands, roll into small balls about the size of a tablespoon.

Step 3

Place onto a baking sheet and freeze for 30 minutes.

Step 4

Eat immediately or store in an airtight container or silicone reusable tub in your refrigerator.

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