For today’s workshop you will need your **phone!** *(Yes, you read that right.)*

And, a box of cereal or granola bars, if you have one in your pantry
In our time together we will talk about...
Added Sugar

The Basics
Per day, the AHA recommends:

≤ 6 tsp. for women

≤ 9 tsp. for men

1 tsp. sugar = 4 grams (level, not heaped!)
1 tsp = 1 sugar cube
The American Heart Association recommends children ages 2-18 should have **LESS THAN** 25 grams of added sugars daily; approximately 6 teaspoons per day or less.

Children in the U.S. consume an average of **19 teaspoons of added sugar** daily.

Major sources of added sugar for kids: soda, fruit-flavored drinks, sports drinks, cakes and cookies.
Added sugar is found in 74% of packaged products in grocery stores. Begin with eliminating the hidden sugar: yogurt, granola bars, cereal...

Don’t let companies sweeten the food your family eats.

Have your sweet with a meal.

Keep rewards (and consequences) non-food related.

Reimagine desserts!

Fruit as the central ingredient.

Let’s brainstorm!
Tips & Strategies

- Include familiar foods
- Small portions
- Model enjoyment
- Favorite sauce or dip
- Try a different preparation
- Recruit helpers
- Wait a few weeks before trying again
FOOD
Sugar
Sugar
Sugar

MOVE
How movement helps blood sugar control

MIND
Social Media

FAMILY
Bring the whole family to the planning table.
Physical Activity and Blood Sugar in Children
Physical Activity and Blood Sugar

Regular physical activity can help children reduce risk of chronic diseases, including type 2 diabetes.

Exercise helps lower blood sugar by:
- Increasing insulin sensitivity
- Increases muscle cells up-take of glucose and uses it for energy.
Recommendations

- Children ages 3-5 should be physically active throughout the day.
- Children ages 6-17 should do 60+ minutes of moderate-to-vigorous physical activity each day.
- **INACTIVITY**: Young children should not be inactive for long periods of time — no more than 1 hour unless they're sleeping. School-age children should not be inactive for periods longer than 2 hours.
How do we get our families moving?

Let’s look at some ideas.
FOOD
Sugar
Sugar
Sugar

MOVE
How movement helps blood sugar control

MIND
Social Media

FAMILY
Bring the whole family to the planning table.
MIND
Social Media

Our Mood, Our Screens, & Our Family’s Health
Activity:
Your phone, pen & paper

How can noticing how social media makes us feel help?
Build a Social Media Plan

- Mute
- Turn off notifications
- Airplane mode while studying, before bed

*What else?*
Sugar
Sugar
Sugar
How movement helps blood sugar control
Social Media
Bring the whole family to the planning table.
FAMILY

Bring the whole family to the planning table.

Children & Youth as part of the team.

Ask your kids what they think.

Let them be part of the brainstorming process.
This past hour together we’ve talked about a lot!

How do you feel?

How will you bring your family together to build a small goal?
Questions...