

TIPS FOR REDUCING ADDED SUGAR WHILE MAINTAINING GREAT TASTE

FROM THE EXPERTS: REAL STRATEGIES FROM CHILD NUTRITION DIRECTORS

We asked food service directors for strategies that worked for them to reduce added sugars in their meals. Here's what they told us.

AVOID (EVEN LIGHT) SYRUP



Canned fruit in syrup, even light syrup, can pack a lot of added sugar into an otherwise healthy school meal. Instead, look for canned fruits packed in water or 100% juice.

OFFER A SIGNATURE SALAD LINE, EVEN AT BREAKFAST!



A Director in Tennessee puts out dinner-sized salads for students at breakfast and lunch - and they're a hit!

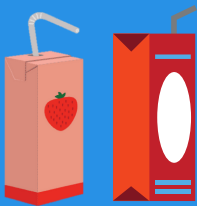
Breakfast bars, cereals, and yogurts are often packed with added sugars. In contrast, a breakfast salad is full of nutrients and, with the right dressing, no added sugars and little sodium.

GET CREATIVE WITH FRUIT



The possibilities are endless! Cook down USDA frozen fruit for a compote and top pancakes with it in place of syrup, mix fresh fruit into baked goods for sweetness without added sugar, roast pears with a sprinkle of cinnamon for dessert, or make a seasonal parfait by layering fruit in a dish to look like candy corn.

COMPARE SIMILAR PRODUCTS



Seemingly similar products can have very different added sugar contents. Luckily, Nutrition Facts labels are now required to list total added sugar content and percent daily value. By comparing similar products, you can look out for sneaky sources of added sugars.

LIMIT DESSERTS AND BREAKFAST PASTRIES



Make desserts at school a real treat by serving them only once per week. Also, many breakfast items have as much sugar as a dessert. Consider also limiting breakfast pastries to special occasions and eliminating items containing chocolate at breakfast.

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