

LET'S EAT HEALTHY!

Belmont County WIC Newsletter

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We Are Eating More Sugar

200 years ago, the average American ate only about 2 pounds of sugar per year.

Now we eat almost 152 pounds of sugar each year! This is around 3 pounds (or 6 cups) of sugar in one week.

The average American eats about 22 teaspoons of added sugar each day. This added sugar gives us about 350 calories each day!

<https://www.dhhs.nh.gov/dphs/nhp/documents/sugar.pdf> "How Much Sugar Do You Eat? You May be Surprised."

Sugar's Many Names

Look for added sugars on food labels. Sugar goes by many different names such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

https://health.gov/dietaryguidelines/2015/resources/DGA_Cut-Down-On-Added-Sugars.pdf



Foods that Have a Lot of Added Sugar

Most of the added sugar in American diets comes from regular soft drinks,

Sugar: How Much is Too Much?



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candy, cakes, cookies, pies and fruit drinks (fruitades and fruit punch); dairy desserts and sweetened milk products (ice cream, sweetened yogurt and sweetened milk); and other sweetened grain products like some pre-sweetened cereals and snack bars. American Heart Association Website, Sugar 101

How Much Sugar Should We Eat?

Here is what the American Heart Association says:

*Children under age 2:

No foods or drinks with added sugar.

*Children over age 2:

No more than six teaspoons of added sugar per day.

*Adult Women:

No more than six teaspoons of added sugar per day.

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

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

Eating Too Much Sugar?

Adults and children who eat a lot of sugar can gain too much weight. During pregnancy, excess weight gain may make you more prone to gestational diabetes.

The best way to cut down on sugar is to replace high sugar foods with healthy foods. Eat mostly foods that are good for you such as fruits and vegetables, whole grains, low fat dairy products and lean meat, poultry, and fish.

<https://familydoctor.org/condition/gestational-diabetes/>

Is All Yogurt Healthy?

Some yogurts have a lot of sugar. The American Academy of Family Physicians lists sweetened yogurt as "one of the main sources of added sugar" in the American diet along with candy, cakes, cookies and sugar sweetened drinks!

Check the nutrition facts label when buying yogurt. One gram of sugar equals 4 calories. Four grams of sugar equals 1 teaspoon of sugar.

A popular squeeze-tube yogurt has 8 grams of sugar (from milk and added sugar) per 2 oz. tube: that's 2 teaspoons of sugar!

Yogurts with stir-ins such as cookies and candy can have even more.

<https://familydoctor.org/added-sugar-what-you-need-to-know/>

How Often Should Your Newborn Feed?

At first, breastfed babies usually need to be fed about every 2 to 4 hours.

Most formula-fed babies (age 0-1 month) need to be fed about every 3-4 hours (6-8 feedings every 24 hours). They usually take 2-4 fluid ounces at each feeding (18-24 ounces every 24 hours)

If your newborn seems to be sleepy and not interested in feeding, you may need to wake your baby to feed. You can try patting, stroking, undressing, or changing the diaper to help wake your baby.

If you have concerns about how much your baby is sleeping or eating, talk to his or her doctor and your WIC Health Professional and Peer Helper.

Happy Spring!

Try this easy great after-school snack. You can be creative and add different foods to the recipe that your children like to make it **even more delicious and special! Make it nutty** (if no nut allergy) and stir in 1 cup chopped toasted walnuts after adding the dry ingredients. **Make it fruity** stirring in ½ cup raisins or other dried fruit after you add the dry ingredients.

Applesauce Muffins

Ingredients:

½ cup plus 2 teaspoons vegetable oil (or cooking spray or cupcake liners)

2 large eggs, at room temperature

1 ½ cups applesauce, at room temperature

1 cup honey (or sugar)

1 ½ cups whole-wheat flour

1 ½ teaspoons baking soda

½ teaspoon salt

½ teaspoon ground cinnamon

Directions:

1. Preheat oven to 350 degrees. Grease the muffin tin or use cooking spray or cupcakes liners.
2. Put the eggs in the bowl and mix well. Add the applesauce, honey, and ½ cup oil and mix again.
3. Add the flour, baking soda, salt, and cinnamon and mix until well combined.
4. Spoon the batter into the cups of the muffin tin to fill them about ¾ of the way.
5. Put the muffins in the oven at 350 degrees and bake until the tops are brown and the muffins feel firm on top, 25-30 minutes. Serve warm, or let cool and store in an airtight container at room temperature for up to 3 days.

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Women, Infants, and
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