



Lab A8-3 Nutrition Check-Up: Sugar

Some foods that are high in sugar supply calories but few or no nutrients. Overconsumption of sugar leaves fewer calories available for healthier food choices from the five major food groups. Here's your chance to check your "sweet" choices. Are they packed with nutrients, too? Or do they provide mostly calories and few nutrients? Check the space that describes what choices you make!

| Do You . . . ? | Always | Mostly | Sometimes | Never |
|--|--------|--------|-----------|-------|
| 1. Reach for fruit as a snack, rather than candy? | _____ | _____ | _____ | _____ |
| 2. Drink juice—or milk—with lunch or dinner, rather than soft drinks? | _____ | _____ | _____ | _____ |
| 3. Top your cereal with fruit instead of—or along with—sugar? | _____ | _____ | _____ | _____ |
| 4. Sweeten waffles, pancakes, or French toast with fruit, rather than just syrup? | _____ | _____ | _____ | _____ |
| 5. Top ice cream with fruit, not just chocolate or caramel syrup? | _____ | _____ | _____ | _____ |
| 6. Order juice or milk with a quickservice meal or snacks, such as a burger meal? | _____ | _____ | _____ | _____ |
| 7. Choose fruit for dessert, not a rich, high-calorie dessert? | _____ | _____ | _____ | _____ |
| 8. Go for the smaller rather than the bigger slice of pie or cake? | _____ | _____ | _____ | _____ |
| 9. Snack on two or three cookies with milk, rather than simply down five or six cookies? | _____ | _____ | _____ | _____ |
| 10. Make hot cocoa with milk, not just water? | _____ | _____ | _____ | _____ |

Scoring

Total the points in each column. For each answer, give yourself:

- 4 points for "always"
- 3 points for "mostly"
- 2 points for "sometimes"
- 1 point for "never"

If you scored . . .

30 and above. Your "sweet" choices are mostly high in nutrients, too. In fact, enjoy a bit of sugar now and then to add pleasure to eating.

20 to 29. If your overall diet is balanced and you're not overspending your calorie budget, your preference for sweets is probably okay.

10 to 19. Your "sweet tooth" may be crowding out nutritious foods. Check them out and consider some sweet options from the food groups, not just the Pyramid tip.

Source: Duyff, R. L. 1998. *The American Dietetic Association's Complete Food and Nutrition Guide*. Minneapolis, Minn.: Chronimed. Used with permission from The American Dietetic Association.

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