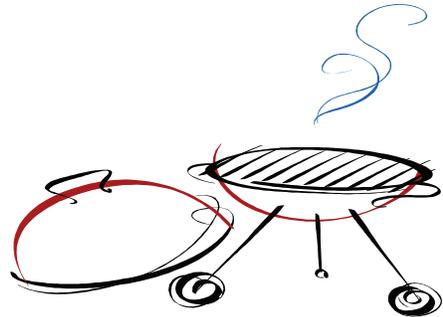


# Grill Me About...

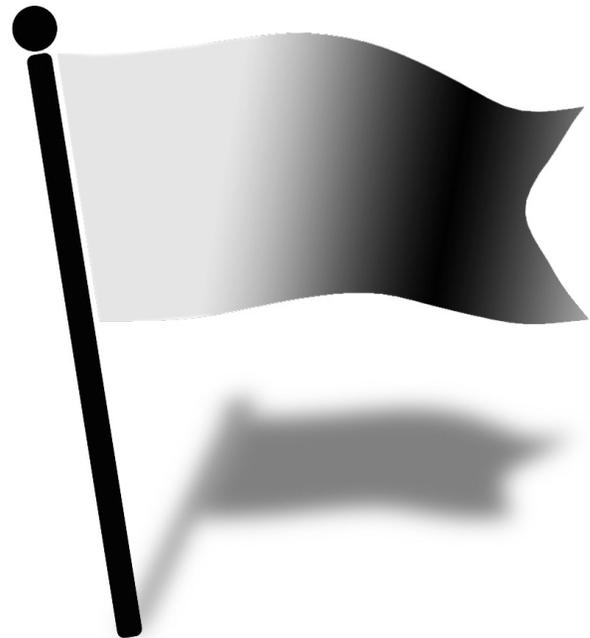
## LABEL BUSTERS



Ask me what I learned about “Red Flags” in my GrowingGreat classroom nutrition lesson:



1. What are 3 “Red Flags” that are often added to our foods?
2. What type of added sweetener is found in many foods, even foods that aren’t dessert?
3. Why do we want to limit foods containing these “Red Flags”?



.....

**Answers:**

1. *Added sugars, hydrogenated oils and artificial flavors/colors/sweeteners.*
2. *High Fructose Corn Syrup*
3. *They lower the quality of the food and can be harmful to our health.*



### HIGH QUALITY SWEETENERS



Fruit = bananas, peaches, pears, blueberries, blackberries, raspberries, kiwi, grapes, cherries



Applesauce, agave nectar, honey, rice barley syrup, 100% pure maple syrup



# Classroom Nutrition

## Lesson #2

### Label Busters: Red Flags



Manufacturers put many unnecessary additives in the foods we eat. By reading ingredient lists you can choose foods free of these additives and improve the health of you and your family.

#### Hydrogenated Oils:

**What they are:** Manufacturers love partially hydrogenated oils because they extend shelf life. These oils are sources of trans fatty acids (TFAs).

**What they do:** Increase risk of cardiovascular disease, cancer, raise LDL or “bad” cholesterol and lower HDL or “good” cholesterol.

**Where they are found:** Most packaged foods such as bread, crackers, chips, breakfast bars, peanut butter, cookies and candy.

#### Added Sugars:

**What they are:** Added sugars come in many different forms, such as brown sugar, high fructose corn syrup, corn syrup, sucrose, fructose, glucose, maltose, lactose, molasses, maple syrup and honey. Ingredients are listed from greatest to least, so if many forms of sugar are listed the combination probably makes sugar the main ingredient.

**What they do:** Cause weight gain, contribute to type II diabetes, tooth decay, lower energy, mood swings and behavioral problems.

**Where they are found:** In everything from pasta sauce and salad dressings to sweets. High fructose corn syrup has now become the main sweetener used in foods and beverages.

#### Artificial ingredients:

**What they are:** Chemically created colors and dyes, flavors and sweeteners.

**What they do:** There are studies that suggest artificial colors have an effect on children's behavior, cause a variety of allergic reactions and are linked to tumors. Artificial sweeteners are implicated in organ dysfunction, headaches and nausea.

**Where they are found:** Sweets, granola and snack bars, breads, crackers, beverages, yogurt and cereal.

#### Higher quality oils:



Butter  
Ghee  
Olive oil  
Coconut oil

#### High Fructose Corn Syrup

HFCS may be to blame, at least in part, for the current epidemic of obesity in the United States.

A study published in the April 2004 issue of the American Journal of Clinical Nutrition cited U.S. Dept. of Agriculture data showing that consumption of HFCS in the United States increased by more than 1,000 percent between 1970 and 1990 .



#### Add Color Naturally!

Make your meals as colorful as possible by adding a variety of fresh fruits and vegetables.

Many fruits and vegetables come in a variety of colors so you can have a wildly colorful dinner plate!

Try purple carrots, purple cauliflower or purple potatoes.



#### Red Flags (and green, blue, yellow...)

Colors and dyes are derived from petroleum and coal-tar products