

# Words on Wellness

## Be Sugar Savvy



The current Dietary Guidelines recommend limiting added sugars to 10% or less of daily calories. This would be 200 calories (50 grams or about 4 tablespoons sugar) if eating 2,000 calories a day.

Sugars can be naturally occurring or added. For example, a can of peaches in syrup contains natural sugars from the fruit and added sugars from the syrup.

Watch for added sugars in foods like cereal, crackers, flavored oatmeal, granola and protein bars, pasta sauce, flavored yogurt, and condiments such as ketchup and barbeque sauce.

Read ingredient lists on labels for cane sugar, corn syrup, high-fructose corn syrup, raw sugar, honey, and brown sugar. The higher these sugars appear on the list, the more is in the food.

Nutrition Facts labels show total and added sugars. For example, chocolate milk has 26 grams of sugar per 8 ounce serving, including 15 grams of added sugar and 11 grams of natural sugar (lactose). In comparison, white milk does not have added sugars.

To eat less added sugar, avoid or reduce sugar-sweetened beverages such as soda, energy drinks, and sweetened coffees, which account for one quarter of added sugars in the American diet. Desserts and sweet snacks make up 19% of the added sugars. Make small changes each day to reduce added sugar intake.

Source: [Dietary Guidelines for Americans](https://www.dietaryguidelines.gov), [go.iastate.edu/BW0AZJ](https://go.iastate.edu/BW0AZJ)

## Frozen Fruit Cups

Serving Size: 1/2 cup | Serves: 6

### Ingredients:

- 2 cups fresh strawberries, sliced
- 2 teaspoons sugar
- 1 medium to large banana, sliced
- 2 kiwis, peeled and sliced

### Directions:

1. Mix strawberries with sugar in a bowl and let sit 20–30 minutes while strawberries make juice.
2. Add banana and kiwis.
3. Scoop 1/2 cup of mixture in each of 6 muffin cups lined with paper.
4. Freeze. Remove from freezer about 20–30 minutes before serving.

### Nutrition information per serving:

50 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 13g total carbohydrate, 2g fiber, 8g sugar including 1g added sugar, 1g protein.

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu) [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu).



## SNAP for Health!

One in four adults is at risk of poor health due to a lack of money to purchase healthy foods. Nutrient-rich foods like produce, dairy, grains, and lean meats contain a variety of nutrients for health. Not having enough of these foods can lead to increased health problems, hospitalizations, and loss of independence due to disease.



Check  
eligibility!

The Supplemental Nutrition Assistance Program (SNAP) helps eligible adults afford nutrient-rich foods to supplement their food supply. SNAP can be used to buy any food that will be prepared and eaten at home. It can also be used to purchase plants and seeds to grow vegetables, herbs, and fruit. SNAP cannot be used for hot foods, in-store dining, or nonfood items. If you or someone you know would benefit from SNAP, use the following connections:

**Online**—Department of Health and Human Services portal, <https://hsservices.iowa.gov/apspspp/spp.portal>, to fill out an application.

**By Phone (with assistance)**—SNAP Hotline: 855-944-FOOD (3663); 8:00 a.m.–5:30 p.m. Monday–Friday.



## It's All about Handwashing!

Simple but true: Handwashing keeps us healthy by removing germs that cause respiratory and stomach/gastrointestinal illnesses.

### How to wash hands:

1. Wet hands with warm water.
2. Lather with soap.
3. Scrub hands for 20 seconds. (That's where singing Happy Birthday comes in!) Don't forget wrists, backs of hands, between fingers, and under nails.
4. Rinse with running water.
5. Dry with a clean towel or air dryer.

**When to wash hands:** Before, during, and after preparing food; before and after eating; after using the restroom; after caring for someone who is sick; before and after treating a cut or wound; after changing a diaper or helping a child use the toilet; after blowing your nose, coughing, or sneezing; after handling an animal or animal waste; after touching garbage.

Source: [Centers for Disease Control and Prevention](https://www.cdc.gov), [go.iastate.edu/SLEVAQ](https://go.iastate.edu/SLEVAQ)

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*If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.*

*Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.*



SCAN ME

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