Sugar Coated

A Contest to Help You Find the Sweeteners

Materials:
- pens/pencils
- markers/highlighters
- Scotch tape
- a poster board
- sample food labels
- copies of this contest

Preparation:
Gather a few food labels to use as examples in this contest. Bring ones with added sugars that you wouldn’t normally consider, such as pasta sauce, barbecue sauce and breads. Decide ahead of time, as a chapter, if there will be an entry fee or prize for the contest. Distribute pen/pencils, markers/highlighters and copies of this contest to every member at the start of the meeting.
Introduction

Glucose, dextrose, fructose, lactose, corn syrup, molasses … the list goes on. Sugar goes by many names, and it’s hidden in more foods than you think in the form of added sweeteners. But there’s good news! By July 2018, in addition to the sugars that naturally occur in the foods you eat, all food labels will also have to reflect added sugars—sugars that have been added to a food product as a separate ingredient. If you look below at the food label for crackers, you’ll not only see sugar, but molasses, high-fructose corn syrup and dextrose as well.

Seeking the Hidden Sugar

For the next four weeks, we’re going to get a jump-start on finding the sugars hidden in our foods. This contest will help. To begin, check the ingredients labels of the foods you eat and identify any hidden sugars you can find. (See the chart for a list and then, see how many appear on the food label to the right.) Bring additional labels to chapter with you. Highlight the source of sugar on the label and post to the chapter’s poster board.

Here’s how the contest works: Each member starts with 50 points. Everyone is allowed four foods containing added sugars as freebies each week (in other words, these do not count against your final total). After those freebies are eaten, subtract 1 point for every hidden sugar you identify on the ingredients list. If you make it through the week without eating any more foods containing added sugars, you earn another 10 points.

Each week at chapter, everyone reports the number of points they subtracted or added. Minus 6 (-6) means you consumed six foods with hidden sugars that week, not counting the four freebies. The person with the most points at the end of the contest wins (in more ways than one).

A little sugar is not a bad thing, but we’d like to think we’re sweet enough ourselves!

Terms for Added Sweeteners

- Brown rice syrup
- Brown sugar
- Concentrated fruit juice sweetener
- Confectioner’s sugar
- Corn syrup
- Dextrose
- Fructose
- Glucose
- Granulated sugar
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Levulose
- Maltose
- Maple sugar
- Molasses
- Natural sweeteners
- Raw sugar
- Sucrose
- Turbinado sugar
- White sugar

Find this list, and more information about carbohydrates and sugar, on page 10 of your Real Life guide.