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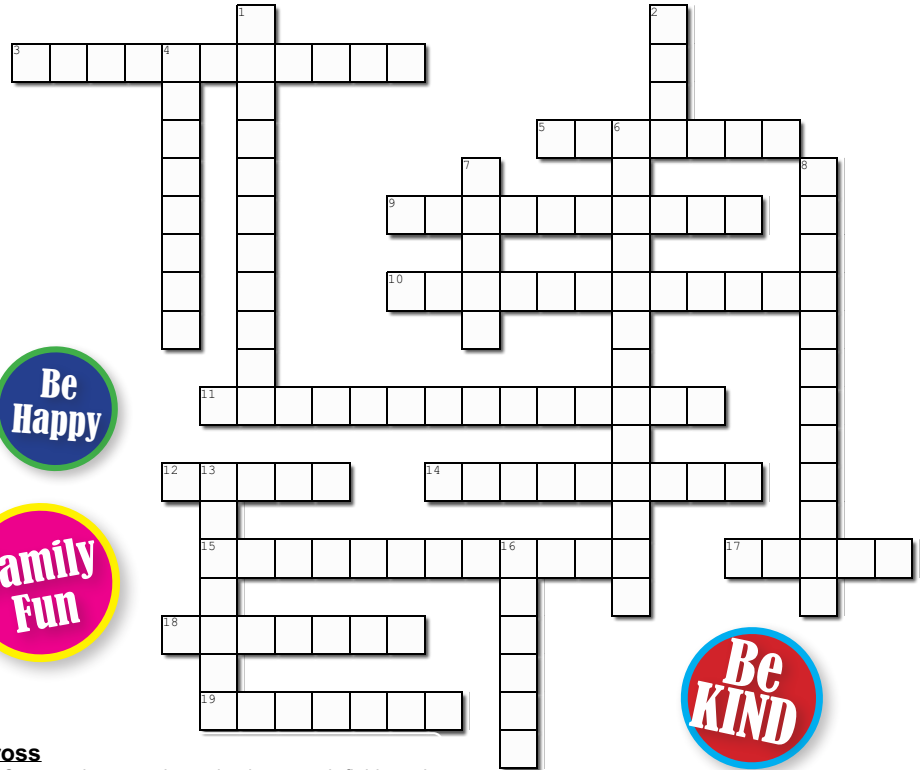


Tips For Families

Think Your Drink

- The average daily added sugar consumption for individuals in the United States is 17 teaspoons. This equates to 68 total grams. The recommendation for added sugar consumption is no more than 5 teaspoons or 20 grams per day. Nearly 50% of our added sugar intake can be attributed to sugar sweetened beverages.
- Think water is flavorless and boring? Try making infused water! Add fresh fruit and/or herbs to flavor your water without any added sugar!
- No sugar added flavored carbonated water is a great substitute for soda and other carbonated soft drinks.
- When making smoothies, try opting for using whole fruits instead of fruit juices. For a more liquid consistency, try adding in unsweetened almond milk or coconut milk!
- Although fruit juice might seem like a healthy alternative to sugary drinks, most fruit juices have the same, if not more, sugar than a can of soda. Instead of drinking fruit juice, eat the whole fruit!
- Fruit juice lacks the fiber whole fruit contains. This means that there is no delay in the digestion and absorption of the natural sugars. Meaning that when consumed, blood sugar spikes in just the same way it would if you drank soda or sweet tea.
- Nutrition facts labels have recently been updated with an "added sugar" category. Look for this number to be zero. This ensures that no sugar has been added during the manufacturing processes.
- A food or beverage that has the label "reduced sugar" means it has 25% less sugar per serving when compared to its original formulation. These foods can still be quite high in added sugars.
- Drinking copious amounts of sugar sweetened beverages can begin to decrease our overall consumption of nutrient rich foods. Liquids can make us feel full, but they do not have any significant nutritional value other than providing hydration.

Sugar Shocker Crossword Puzzle



Created using the Crossword Maker on TheTeachersCorner.net

Across

- Occurs when you do not intake enough fluids and when you lose more fluids than your intake
- The scientific name for table sugar
- A deadly condition in which your body overheats and is unable to cool off
- Essential minerals such as magnesium, potassium, and sodium
- A system of assigning numeric values to carbohydrates to measure their effect on blood sugar levels
- This component in food helps to slow down the absorption of sugar
- The largest contributor to added sugars in our diet
- The recommend portion of a food item or beverage
- Instead of drinking fruit juice consume _____ fruits
- The form of sugar which our body can absorb and utilize in cellular processes
- Just because a form of sugar is _____ does not mean it is healthy or beneficial to our bodies

Down

- The place on a food item where you can identify the amount of added sugar is called the nutrition
- The number of grams in one teaspoon of sugar
- A chronic health condition that affects the body's ability to regulate blood sugar
- One of the main nutrients in food that comes in three forms: sugar, starch, and fiber
- An essential nutrient that is needed in the body to carry out all essential biochemical processes
- The process by which our body naturally cools itself off
- A hormone secreted by the pancreas to regulate blood sugar
- A sugar substitute that is extracted from the leaves of a plant



Tips for Kids & Teens

- Creating your own popsicles can be a great way to cool off during the summer and also a great way to reduce your added sugar intake! Blend whole fruit with water, low-fat milk, or unsweetened milk alternatives for a delicious frozen treat!
- If you think water is flavorless, add some frozen fruit to your glass or water bottle instead of ice for a fun flavor experience.
- Eating fresh fruits and vegetables is a great way to increase your overall water intake! Foods such as watermelon, cucumber, and celery are all water rich foods!
- Instead of buying that frap at Starbucks, make your own at home! Add some ice, low-fat milk, or an unsweetened milk alternative to coffee with sugar-free flavor syrups and blend!

FREE Kindness and Bullying Prevention Information Available



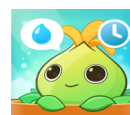
ANTI-BULLYING
INSTITUTE

RIVERSIDE MEDICAL CLINIC
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HEALTHY
APPS

Helping you with
your journey.



Plant Nanny² is a cute water reminder app that keeps track of how much water you drink, motivating you to drink water daily and solving the low water intake problem that most of us face.

SUGAR OH SUGAR

Word Search

- | | | |
|------------|-------------|------------|
| Date syrup | Agave | Molasses |
| Maltose | Dextrin | Turbinado |
| Fructose | Malt sugar | Glucose |
| Lactose | Fruit juice | Cane syrup |
| Sucrose | Treacle | Beet sugar |
| Honey | Corn syrup | |
- Created by Puzzlemaker at
DiscoveryEducation.com

A	M	E	S	N	E	N	B	A	E	C	T	O	I
U	A	G	A	V	E	I	E	S	S	A	R	S	L
S	L	R	O	G	R	R	E	H	O	N	E	Y	E
R	T	S	O	L	S	T	T	E	R	T	A	P	D
R	O	O	F	U	R	X	S	E	C	O	C	E	L
C	S	F	S	C	U	E	U	I	U	P	L	A	A
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N	C	A	N	E	S	Y	R	U	P	A	C	C	O
S	E	C	I	U	J	T	I	U	R	F	D	A	S
Y	R	R	S	R	M	O	L	A	S	S	E	S	E
R	X	M	A	L	T	S	U	G	A	R	A	D	E
U	T	R	R	T	R	F	R	U	C	T	O	S	E
P	Y	C	E	D	A	T	E	S	Y	R	U	P	E



Fun Online Activities
Plus Answer Keys

Make Water Fun!

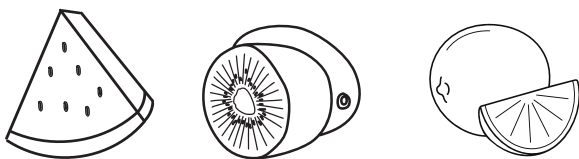
Try our these infused water recipes for a refreshing treat. Just add the following to water and let sit overnight in the fridge.



Strawberry, Mint, Lemon

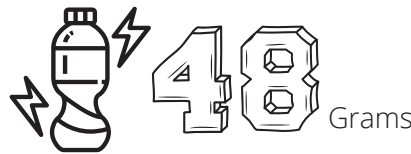
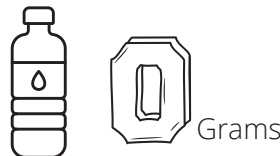
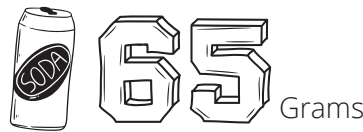


Pineapple, Coconut, Lime

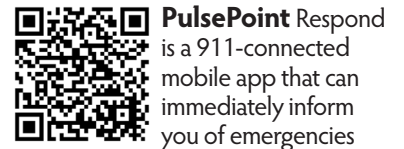


Watermelon, Kiwi, Lime

SUGAR!!!



FEATURE PROGRAM



PulsePoint Respond is a 911-connected mobile app that can immediately inform you of emergencies occurring in your community and can request your help when cardiopulmonary resuscitation (CPR) is needed nearby. If you're trained in CPR and are willing to assist in an emergency, the app will alert you if someone near you is having a cardiac emergency and may need CPR.

Contact us for **FREE hands-only CPR classes throughout the City of Riverside.**

RiversideProjectHeart.com | RMCcharity.org

RIVERSIDE PROJECT HEART

Program Supported By



FoodSwitch App: Make healthier food choices with FoodSwitch. Simply scan a barcode to get its nutrition facts and healthier alternatives!



Intellect: Create a Better You: Intellect is a leading modern-day mental healthcare solution for everyone. Build healthy habits and boost your mood with this self-care

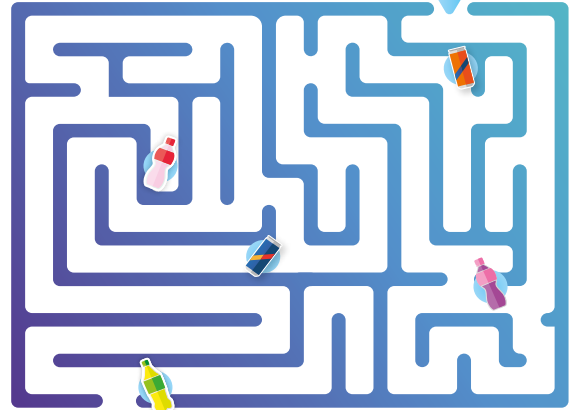
cognitive behavioral therapy app. Clinically validated by psychologists and behavioral experts, the bite-sized content and daily exercises are an effective way to create a better you.

VARIOUS NAMES FOR ADDED SUGARS

<p>Agave nectar Barbados sugar Barley malt Barley malt syrup Beet sugar Brown sugar Buttered syrup Cane juice Cane juice crystals Cane sugar Caramel Carob syrup Castor sugar Coconut palm sugar Coconut sugar Confectioner's sugar Corn sweetener Corn syrup Corn syrup solids Date sugar Dehydrated cane juice Demerara sugar Dextrin Dextrose Evaporated cane juice Free-flowing brown sugars Fructose Fruit juice Fruit juice concentrate Golden sugar Glucose</p>	<p>Glucose solids Golden syrup Grape sugar HFCS (High-Fructose Corn Syrup) Honey Icing sugar Invert sugar Malt syrup Maltodextrin Maltol Maltose Mannose Maple syrup Molasses Muscovado Palm sugar Panocha Powdered sugar Raw sugar Refiner's syrup Rice syrup Saccharose Sorghum Syrup Sucrose Sugar (granulated) Sweet Sorghum Syrup Treacle Turbinado sugar Yellow sugar</p>
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The maze of thirst!

Find a path through the maze to reach the refreshing water!
But be careful, you can only pick up 1 fruit juice or fizzy drink on your way out.



Fruit juices and fizzy drinks are a great treat now and then!

There is no harm in having a soft drink occasionally, but on a daily basis, drink water frequently.



Water is what your body needs...

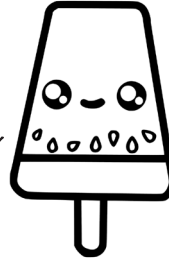
Eat fruit rather than drinking fruit juice!



Sprinkle Kindness Like it's confetti



Choose kindness



Be Strong Be Confident



Sugar Counting Activity

Look around your house and find a beverage. Using the table below calculate how much sugar is in your drink! Using sugar cubes or a teaspoon, measure the amount of sugar and pour into a sandwich bag. Did the amount of sugar surprise you? Hint: 4 grams of sugar equals 1 teaspoon.

Beverage #1 Name: _____

1. Calculate the Total Sugar (in teaspoons) for each drink:

a. Sugar per serving X Number of servings in drink = Grams of Total Sugar
 _____ gm _____ _____ gm

b. Grams of Total Sugar ÷ 4 gm per teaspoon = Teaspoons of Total Sugar per drink
 _____ gm of sugar _____ tsps

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar: