

FAT AND SUGAR DEMONSTRATION TOOL KIT

Obesity is a matter of life and death in Alameda County, where 60% of all deaths can be attributed to unhealthy diets and the lack of physical activity. To turn these alarming statistics around, the Alameda County Public Health Department needs to collaborate and partner with a broad cross section of community organizations and individuals.

The exercises and demonstrations outlined in this tool kit can be used to increase awareness of nutrition and the role it plays in improving health disparities in Alameda County. The demonstrations are excellent ways to get people to talk about the consequences of too much fat and sugar in our diets.

Before conducting a presentation using these materials, please read the tool kit in its entirety. There are special items and “ingredients” needed for the fat and sugar demonstrations.

Good luck with presenting this dynamic presentation! Thank you for your continued efforts at helping make Alameda County one of the healthiest in the State.

FOOD FOR THOUGHT: THE TOOL KIT CONTENTS

Step 1: Test Your Nutrition IQ

- Using the *Fat and Sugar Demonstration Tool Kit*, rank foods from the least to the most amounts of fat and sugar. Review correct answers with group.
- Read *Guidelines for Daily Fat and Calories* out loud.

Step 2: Do the Math (Fat)

- Read instructions out loud.
- Answer questions on worksheet as a group or individually.*

Step 3: Do the Math (Sugar)

- Read instructions out loud.
- Answer questions on worksheet as a group or individually.*

Step 4: Do the Demo

- Spoon the teaspoons of fat (lard) that are in a double cheeseburger and fries into a sealable baggie. Count the number of teaspoons out loud. Pass around the baggie of fat for maximum impact!
- Spoon the teaspoons of sugar that are in a beverage into a clear bottle or baggie. Count the number of teaspoons of sugar out loud. Pass around the bottle or baggie of sugar for maximum impact!

Step 5: Go for It!

- Read the introduction to *Go for It*.
- Ask for volunteers to read the tips out loud.

*Round out calculations to the nearest whole number.

STEP 1 - TEST YOUR NUTRITION IQ !

NUTRITION QUIZ 1

Fast Food Fats

RANK these fast food choices from the least to the most amount of fat contained in each.

- _____ Original Whopper
- _____ Slice of Pepperoni Pizza
- _____ Burrito Supreme

How Sweet It Is

RANK these beverages in order from the least to the most amount of sugar contained in each.

- _____ Coca Cola
- _____ Mountain Dew
- _____ Capri Sun

GUIDELINES FOR DAILY FAT AND CALORIES

Fat is an important ingredient in our daily diet. However, these days people are eating unhealthy amounts of fat.

Nutrition labels indicate the amount of fat in grams. 5 grams of fat equals 1 teaspoon. This chart shows the maximum amount of fat recommended per person per day.

DAILY LIMITS	GRAMS OF FAT	TSP. OF FAT	CALORIES
AVERAGE WOMAN	66	13	2,000
AVERAGE MAN	83	17	2,500
AVERAGE CHILD	40-66	8-13	1,300-2,000

STEP 2 - DO THE MATH (FAT)

FAT CALCULATION

Five grams of fat equals 1 teaspoon. Multiply the number of grams of total fat by the number of servings per container and then divide by 5 to get the number of teaspoons of fat.

$$[\# \text{ of Servings} \times \text{Total Fat Grams} \div 5 = \text{Teaspoons of Fat}]$$

DOUBLE CHEESEBURGER

Nutrition Facts	
Serving Size 1 order (173g)	
Amount Per Serving	
Calories 480	Calories from Fat 240
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 12g	60%
Cholesterol 85mg	28%
Sodium 1220mg	51%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 25g	
Vitamin A 10%	• Vitamin C 4%
Calcium 35%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

FRENCH FRIES

Nutrition Facts	
Serving Size 1 small order (68g)	
Amount Per Serving	
Calories 209	Calories from Fat 89
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	9%
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 14%
Calcium 1%	• Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

To burn off the calories in a double cheeseburger and fries, you would need to dance actively for 2½ hours!

NUTRITION QUIZ 2

Double Cheeseburger

_____ How many servings per container?

_____ How many grams of total fat per container?

_____ How many teaspoons of total fat per container?

French Fries

_____ How many servings per container?

_____ How many grams of total fat per container?

_____ How many teaspoons of total fat per container?

_____ **TOTAL** teaspoons of fat in a double cheeseburger and fries.

STEP 3 - DO THE MATH (SUGAR)

SUGAR CALCULATION

Four grams of sugar equals 1 teaspoon. Multiply the number of grams of sugar by the number of servings per container. Divide by 4 to get the number of teaspoons of sugar.

$$[\# \text{ of Servings} \times \text{Sugar Grams} \div 4 = \text{Teaspoons of Sugar}]$$

20 OUNCE BOTTLE OF COLA

Nutrition Facts	
Serving Size 8 fl. oz (240 ml)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35 mg	1%
Total Carbohydrate 27g	19%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

To burn off the calories in a 20 ounce bottle of cola, you would need to walk briskly for one hour!

NUTRITION QUIZ 3

20 OUNCE BOTTLE OF COLA

_____ How many servings per container?

_____ How many grams of sugar per container?

_____ How many teaspoons of sugar per container?

FACTS AND FIGURES

1. About 300,000 Americans die each year from complications of obesity - nearly 1,000 every day, one every 90 seconds.
2. The average American consumes almost 17,000 teaspoons of added sugars each year.
3. Corn syrup consumption increased from a yearly average of 1.5 pounds in 1970, to 63 pounds in 2000, an increase of more than 4,000%.
4. One in three children born in the United States in 2000 will become diabetic unless they start eating less and exercising more. The odds are worse for African American and Latino youngsters - nearly half of them are likely to develop the disease.

STEP 4 - DO THE DEMO!

INGREDIENTS FOR A DYNAMITE DEMO

Fat Demonstration

1. Teaspoon
2. Sealable baggies
3. Can of shortening or lard
4. Napkins/wipes
5. Labels for baggies

Sugar Demonstration

1. Teaspoon
2. Soda bottle
3. Box/bag of sugar

RECIPE FOR CONDUCTING THE FAT AND SUGAR DEMOS

FAT DEMONSTRATION

STEP 1: Spoon the teaspoons of fat (shortening or lard) that are in a double cheese-burger (5) and fries (2) into a sealable baggie. (Total teaspoon = 7)

STEP 2: Count the number of teaspoons out loud.

STEP 3: Pass around the baggie of fat for maximum impact!

SUGAR DEMONSTRATION

STEP 1: Read the label on the beverage container and calculate the number of teaspoons of sugar it contains.

STEP 2: Spoon the teaspoons of sugar that are in the beverage into a clear bottle or baggie.

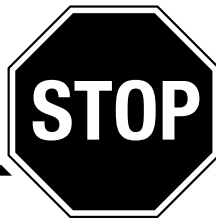
STEP 3: Count the number of teaspoons of sugar out loud.

STEP 4: Pass around the bottle or baggie of sugar for maximum impact!

STEP 5 - GO FOR IT!

When we make the right choices, the foods we eat every day give our bodies energy and nutrition for good health. Similar to cars that don't run without gas, our bodies can't run without the energy we get from fueling up on food. Our bodies use this fuel to carry out daily activities. Just as you'd put premium gas in a high performance car, fuel up with premium quality food for a high performance body.

WHEN DINING OUT, FOLLOW THESE RULES OF THE ROAD...



1. Put the brakes on french fries and onion rings. Choose side salads instead.
2. Get an oil change. Eat less fried chicken and fish.
3. Change lanes to avoid the double cheese and bacon burgers.
4. Steer clear of high fat sauces, mayonnaise and salad dressings.
5. Use high test fuel. Sodas, cookies and cakes add sugar to your meal.



1. Cruise with foods that are grilled, charbroiled or baked, not fried.
2. Move over to low fat milk, 100% juice or unsweetened iced tea instead of soft drinks.
3. Fill your tank with healthy side orders such as salads with light or fat free dressings.
4. Top off pizza with vegetables instead of pepperoni and sausage.
5. Share a meal - cut calories and costs in half.