

## What's the Deal with Sugar

You've probably heard that drinking water instead of sugary beverages is important. Maybe you have heard news stories about how drinking too many sugary beverages can lead to obesity, tooth decay, increased risk of diabetes & heart disease. Sugary drinks even have addictive properties. When kids grow up eating a lot of sweet foods or drinking sweet beverages, they often develop a preference for sweets. When you give your children a variety of different, healthy foods like fruits and vegetables, low fat milk, and plain water, they will start liking these healthier options, too. Providing these healthy options early in your child's life helps them establish healthy life choices. Sugars that are found naturally in fruits, vegetables, and milk "are healthful additions to your diet," says Dr. Andrew Bremer, a pediatrician and National Institute of Health (NIH) expert on sweeteners. "When you eat an orange, for instance, you're getting a lot of nutrients and dietary fiber along with the natural sugars."

Although sugar itself isn't bad, says Kristina Rother, another NIH pediatrician, "sugar has a bad reputation that's mostly deserved because we consume too much of it. It's now in just about every food we eat." So what is too much sugar? Below are maximum sugar recommendations, per day, for children and adolescents. Look at the nutrition label below to see how many grams of sugar are in a 6 ounce container of yogurt; then, divide that number by 4 to figure out how many teaspoons of sugar you are getting. Practice this with different food and juice labels you serve your child to see how much sugar they are getting each day. Are they eating and drinking more sugar than is recommended?

### How much is too much?

- Pre-schoolers: 4 tsps. (16g/day)
- Children 4-8 years old: 3 tsps. (12g/day)
- Pre-teens/teens: 5-8 tsps. (20-32g/day)

**\*\*1 teaspoon of sugar = 4 grams**

### Nutrition Facts

Serving Size 6 oz	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.50 g	<b>3%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 80 mg	<b>3%</b>
<b>Potassium</b> 260 mg	<b>7%</b>
<b>Total Carbohydrate</b> 33 g	<b>11%</b>
Sugars 27 g	
<b>Protein</b> 5 g	<b>11%</b>
Vitamin A	15%
Vitamin C	20%
Calcium	20%
Iron	15%

## Shop Smart at the Farmer's Market

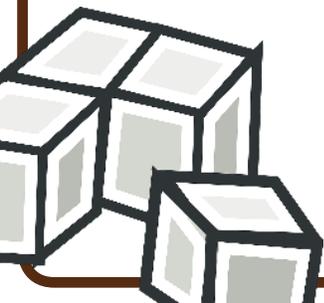
Our local tasty Farmer's Markets are in full swing! Boone County is lucky to have several to choose from.



- Columbia Farmer's Market (CFM): Located at the ARC, 1701 West Ash on Saturdays 8am-12pm (April-October) and Wednesdays 4pm-6pm (May-October), and located at Forum Christian Church, 3900 Forum Blvd Thursdays 3pm-6pm (May-October). They accept EBT/SNAP, checks, debit and credit cards at all the markets. Use EBT/SNAP benefits to buy food producing plants like edible herbs or tomato plants. Check out the Good Food Detective activity with your children at CFM where your kids receive "munch money" to spend at the market. <http://columbiafarmersmarket.org/CFM>.
- Boone County Farmer's Market: Located in the Columbia Mall parking lot. (Northeast of Sears and South of Wendy's Restaurant). Held Saturdays 8am -12pm (April 16 thru October 29) and Wednesdays from 4 pm - 6 pm (June thru August). <http://boonecountyfarmers.com/>.
- Check out the Facebook page to learn more about Ashland Farmer's Markets: <http://www.facebook.com/southernboonefarmersmarket>.
- Email Terri McHuth for information on the Hallsville Farmer's Market: [cwfshoppes@yahoo.com](mailto:cwfshoppes@yahoo.com)

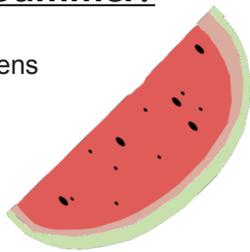
### Why shop at local farmer's market?

1. **Flavor** | the food is fresh from the farm: sometimes picked that morning. There is no long-distance shipping, no chemicals to quicken the ripening process, and no sitting for weeks in storage. Local fruits and veggies spend more time in the field ripening to develop their sweetness and flavor. All in all, your family is more likely to eat them.
2. **Nutrition** | locally grown fruit and veggies are nutritious and yummy. Produce in grocery stores is often highly processed and grown using pesticides, hormones, antibiotics, and genetic changes. On the other hand, farmers selling at farmer's markets have worked hard to grow the healthiest produce possible using more natural techniques: harvesting right before market and growing heirloom varieties.
3. **Support and learn from local farmers** | when you buy locally more of your food dollars are staying in our community. Also, talking to farmers is a great opportunity to learn more about how and where your food is grown. You can also ask for different cooking tips and recipes since many of the farmers are passionate cooks of the food they produce.



## What's in Season this Summer?

- Berries
- Leafy Greens
- Broccoli
- Melons
- Carrots
- Pea Pods
- Corn
- Peppers
- Cucumbers
- Tomatoes
- Green Beans
- Zucchini



## Things to do this Summer!

- **Visit Your Park Playgrounds Challenge** | May 30 - Sept. 5 – Check out our website for more details! <https://www.como.gov/ParksandRec/Parks/visitparkplaygroundschallenge.php>
- **Safe Kids Columbia** | Bike and water safety day on June 26 from 11 a.m. - 1 p.m., complete with free swimming at Machers Family Aquatic Center. Bring your bike, helmet, swimsuit, and sunscreen!
- **4th of July Fire In The Sky** | Mon. July 4, FREE, Flat Branch Park and the District. Entertainment starts at 6:30 p.m. - Fireworks begin after 9 p.m. Music, entertainment and fireworks! For more information, call 874-7460.
- **Stephens Lake Park Amphitheater Concert Series, Community Band** | Thurs. July 7, 7 p.m., FREE. Bring a blanket or low lawn chair. Concert Series sponsored by KPLA 101.5.
- **SPLAT! Junior Obstacle Course Mud Run** | Sat. July 9, 9 a.m. - 12 p.m., Gans Creek Recreation Area. This event will feature age appropriate waves with kid-friendly obstacles, mud and FUN for ages 4-15. Check out this website for more details: [https://www.como.gov/ParksandRec/Activities\\_and\\_Programs/SPLAT.php](https://www.como.gov/ParksandRec/Activities_and_Programs/SPLAT.php)
- **National Teddy Bear Picnic Day** | Sun. July 10, 4-6 p.m., Douglass Park, FREE. For ages 2-7. Be sure to pack a picnic (hot dogs provided), bring a blanket and grab your favorite teddy bear (dressed in their best attire) and join us! We'll hear the teddy bear's picnic song, enjoy fun entertainment and play games. Pre-registration is required (class # 310705-01) and space is limited. Every registered child receives a free teddy bear! Event is free, thanks to sponsor Aetna Better Health.



- Summer time is a great time for Grab and Go Snacks as you are heading to the pool, to outside fun family events, or traveling in the car for summer trips. It is also a great time for frozen snacks. Here are some ideas from our FitTastic parents.

- Make fruit kabobs- strawberry slices, blueberries, melon chunks, peach or mango slices on short skewer sticks.
- Cut these simple veggies into bite size pieces and place in small containers – Baby carrots, carrot or celery sticks, red, green or yellow bell pepper strips, cherry or grape tomatoes, broccoli spears, sugar snap peas, or cucumber slices.
- Create fun shapes with mini cookie cutters. Make stars, hearts, and animal shapes with cantaloupe, watermelon, peaches, mangos or honeydew. These can then be frozen for a hot day.
- For a really hot day – freeze grapes or make yogurt berries. Step 1 - dip fresh blueberries, raspberries or strawberries in vanilla flavored yogurt; Step 2 – place yogurt berries on wax paper; Step 3- freeze until the yogurt is frozen. Serve cold.
- Banana ice cream – Freeze a peeled and chopped banana for a few hours. Put the banana in a blender with a few tablespoons of milk or water. For extra flavor, add peanut butter or frozen strawberries. Blend together until it is smooth and creamy like ice cream.

## Recipe Corner



- **National Ice Cream Day: Ice Cream Crawl** | Sun. July 17, 1-3 p.m., Meet at playground at Flat Branch Park. Eat ice cream. Pedal. Repeat. Join GetAbout staff on a 20-mile loop ride to approximately 6 separate locations where ice cream is first on the menu. Plan to ride a mix of city streets and a short section of gravel trail. Bring cash or a credit card.
- **Family Fun Fest: Fitness is Fun** | Wed. July 20, 6-8 p.m. Cosmo Park, FREE. Entertainment for the whole family, including activities, music, hands-on learning, face painting and more. Each month features a different theme. This month: Come out to learn and experience some exciting new ways to stay fit and active. Sponsored by the ARC (Activity and Recreation Center).
- **Back to School Health Fair** | Sat. August 6, 9 a.m. - 1 p.m., MU Family Impact Center, FREE. Come and receive free school supplies, backpacks, and health screenings. Children must be present. If a parent is unable to attend, please bring parent's name and social security number.
- **Coolin' Down with the Blues** | Sun. August 14, 4-8 p.m., Douglass Park. Grab a lawn chair and come out and enjoy live music in the park. Bands and/or entertainer will liven up the park with musical sounds to please the ears. Free and open to the public.