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November 2018

## Limit added sugars in your food

Most people think of desserts as the main source of added sugars, but many foods and drinks may contain added sugars. Sweetened drinks like regular soft drinks, some fruit drinks and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring flavored creamer in coffee.



It's not necessary to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended. When this happens there is less room for more healthy foods and drinks.

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

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Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

3,650 copies, \$0.21 each, SDSU Extension. Printed on recycled paper. ES059 10/18

## Read the ingredient list

Read ingredient labels to find sugars that have been added to the food. Look for words that end in "ose" or "ol" like dextrose, fructose, maltose, sucrose, glucose, lactose, mannitol and sorbitol. These are all forms of sugar. Syrups such as corn sweetener, sorghum syrup and high fructose syrups are sweeteners that are often added to drinks. Ingredients are listed in order by weight, from most to least. When a type of sugar or syrup is the first or second ingredient, you know there is more sugar in that food than any other ingredient.

INGREDIENTS: WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D<sub>3</sub>, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K<sub>1</sub>, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B<sub>12</sub>

## Tips to cut the sugar

You can reduce the sugar you eat and drink without giving up sweetness. Here are ways you can cut down on sugar when you shop for foods and make foods at home.

- Sweeten low-fat plain yogurt with fresh, frozen or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.



When you cook you can cut down on the amount of sugar you use, too. Sugar is needed in some baked foods like cakes to make them light and tender. If you cut out all of the sugar, the product will be tough and flat. Most recipes will come out fine if you cut down on the amount by one-quarter or one-half. Experiment with your favorite recipes to see how much sugar you can cut out and still have it look and taste good. Try new recipes that are low in sugar.



Adding squash into a chocolate cake adds flavor plus fiber, vitamin K, phosphorus, and folate.

## Chocolate Squash Cake

Yield: 12 servings

### Ingredients:

1/2 cup vegetable oil  
1 package cake mix, dark chocolate  
1 teaspoon ground cinnamon  
3 eggs  
1 1/4 cups water  
1 cup squash (shredded or finely chopped)  
chopped walnuts (1/4 cup, optional)

### Instructions:

Preheat oven to 350 degrees F. Grease and flour a 10" tube or bundt pan. In a large bowl, combine cake mix and cinnamon. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed. Fold in squash. Add nuts if you like. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

### Other Ideas:

- Use a greased 9x13-inch pan. Bake for 45 minutes.
- To lighten cake, try 6 egg whites in place of whole egg.
- Replace 1/2 cup oil with 1/2 cup applesauce.

Nutritional Information per serving:

Total Calories 286; Total Fat 17 g; Protein 4 g; Carbohydrates 33 g; Dietary Fiber 1 g; Saturated Fat 3 g; Sodium 378 mg



Ground venison, turkey or beef along with canned tomato soup make a tasty base for the vegetables in this delicious and hearty stew.

## Ground Meat Stew

Yield: 4 servings

### Ingredients:

1/2 pound ground beef, or ground turkey, or venison (lean)  
salt (optional)  
pepper (optional)  
1 can tomato soup, condensed (10 3/4 ounce)  
10 3/4 fluid ounces water (one soup can full)  
6 carrot (medium, diced or sliced)  
2 potatoes (medium, diced or sliced)  
1 cup onion (diced)

### Instructions:

Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional). Add soup and 1 can of water to fry pan. Add vegetables. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken. Serve. Refrigerate leftovers.

Nutritional Information per serving:

Total Calories 252; Total Fat 3 g; Protein 16 g; Carbohydrates 41 g; Dietary Fiber 7 g; Saturated Fat 1 g; Sodium 525 mg





Sweet and spicy,  
this pumpkin bread  
makes a wonderful treat.



Hurried in the morning?  
Need breakfast to be made at  
breakneck speed? Toss all of  
the ingredients in the blender  
and enjoy this shake on the go.

## Pumpkin Bread

Yield: 32 servings

### Ingredients:

1 can pumpkin (15 ounce)  
1 cup sugar  
1/4 cup vegetable oil  
1 cup yogurt, low-fat plain  
1 1/2 cups flour (all purpose)  
1 1/2 cups whole wheat flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1/2 teaspoon salt  
1 cup raisins

### Instructions:

Preheat oven to 350 degrees F. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened. Stir in raisins. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Nutritional Information per serving:

Total Calories 103; Total Fat 2 g; Protein 2 g; Carbohydrates 20 g; Dietary Fiber 1 g; Saturated Fat 0 g; Sodium 172 mg

## Peanut Butter Banana Breakfast Shake

Yield: 1 servings

### Ingredients:

1 cup milk (fat free or 1%)  
1/2 cup banana (frozen, slices)  
1 tablespoon peanut butter  
1/4 teaspoon cinnamon (ground)  
1/2 teaspoon vanilla extract  
cocoa powder (as needed, sweet, optional)

### Instructions:

Combine all ingredients in a blender and blend until smooth and creamy. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Nutritional Information per serving:

Total Calories 288; Total Fat 9 g; Protein 13 g; Carbohydrates 41 g; Dietary Fiber 4 g; Saturated Fat 2 g; Sodium 161 mg