Skills Worksheet

Life Skills

Being a Wise Consumer

EVALUATING SUGARS AND FATS IN FOODS

Refined sugars are simple carbohydrates that provide your body with quick energy, but few nutrients. They are added to food products as sweeteners. Refined sugars can be identified as sugar, brown sugar, cane sugar, and sucrose in the list of ingredients on food labels. If you eat a lot of foods with these added sugars, you may not eat enough foods that are rich in nutrients.

Different kinds of fats can also be listed in the ingredients on food labels. A diet high in saturated fats can increase the risk of high blood/cholesterol levels and heart disease. Foods made from animal products contain saturated fats. Coconut oil and palm oil are saturated plant oils that are added to some food products.

Look in your pantry and find five different kinds of food products you eat or have eaten recently that have nutritional labels. List each food and the amount of sugars it contains. Note if the food contains coconut oil or palm oil.

|  |  |  |
| --- | --- | --- |
| Food Product | Amount of Sugar (g) | Saturated Fats (g) |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| 5. | 5. | 5. |

6. How can a diet high in sugars and saturated fats affect health?