

of glucose is higher than what the body can use or store, then it is converted to fat. High-sugar foods often contain empty calories—they provide a lot of calories without a significant intake of other nutrients or micronutrients.

Using Commodities to Meet These Standards

- Canned fruits from the Food Distribution Program must be packed in light syrup, water, or natural juices. The USDA has not purchased fruit in heavy syrup in nearly 20 years.
- Unsweetened applesauce became available from the Food Distribution Program in the 2007-2008 school year.

Menu Tips

- Serve cereals that have less than 10 grams of sugar per ounce at breakfast. Check in your copy of *Bowes and Church's Food Values of Portions Commonly Used* for cereals that fit this criterion.
- Include hot-cooked cereal often because it is high in fiber and low in sugar.
- Strive to eliminate breakfast pastries, doughnuts, and toaster pastries.
- Only use canned fruits packed in light syrup, natural juices, and water.
- Strive to eliminate dessert items that have sugar as a primary ingredient.

Recipe Ideas

- The amount of sugar can often be lowered by one-third or even as much as one-half, or some of it replaced with other sweeteners. Sometimes the texture may suffer, though, so experiment in advance before serving! When reducing the sugar by one-third to one-half in cookies, bars and cakes replace the sugar you eliminated with nonfat dry milk.
- Liquid alternatives include honey and molasses; just remember to adjust the total amount of other liquids accordingly. You may be able to use less total sugar when using these because they tend to be sweeter than sugar.
- When reducing the amount of sugar in quick breads, cakes and cookies, use fruits, such as raisins, dried apricots, dates or bananas, instead because they add sweetness naturally. Fruit juices and frozen fruit juice concentrates may be used to sweeten baked goods as well.
- There are many seasonings that offer the perception of sweetness that can be used when sugar is reduced: allspice, cardamom, cinnamon, ginger, mace, nutmeg, and citrus juices.
- Use fruit toppings on breakfast foods such as cereal, oatmeal, pancakes, and waffles instead of sugar or syrup.

