



Sugar 101

Join us in two professional development opportunities to learn more about sugar. Each session will receive CEU credit.

Webinar 1, April 18, 6pm ET: Sugar 101

Real sugar comes from sugar beets and sugar cane plants grown on farms. Listen in to review the basics of sugar: what it is, where it comes from and how it's made. We'll also look at why it is added to foods, the sources of added sugars in the diet and just how much sugar Americans consume. The Sugar Association offers STEM certified educational resources, including lesson plans and a STEM packet designed for grades 7-12, for teaching your students this content.

[Register Here](#)

Webinar 2, May 2, 6pm ET: Sugar: The View of Consumers and the Government

The U.S. Government issues Dietary Guidelines for Americans every five years. Each version of the guidelines has included a general recommendation to moderate intake of added sugars. Recent changes to the Nutrition Facts label and updates to the U.S. recommendation for added sugars intake have influenced other policies related to both sugars and sweeteners. There is a lot of activity of late on sugar policies but how do consumers feel? Listen in as we take a closer look at these new policies as well as efforts currently underway.

[Register Here](#)