Sugar Busters!

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Here they come the Sugar Busters, *(Exaggerated walk*)

With all the strength that they can muster, *(Strong arms)*

Searching high and low to find, *(Jump high, crouch low)*

Extra sugar of all kinds *(Arms raised up out wide)*

Flip the soda *(180 degree jump and turn)*

Toss the Sweets (*Arms up fling hands out to sides)*

Bring in all the healthy eats *(Arms up motioning inward circles)*

Water, Fruit, and Veggies too! *(Finger wagging with force)*

Berries Red, Black, Purple, Blue!

Then some honey, just a touch *(Hand up high, motion of adding a pinch)*

Or some jam, but not too much *(Head motion back and forth in “no” motion)*

Candies, cookies, pastries, pies?

Only SOMETIMES and choose the small size *(Fingers showing small amount)*

Milkshakes, ice cream, chocolate cake?

Not each day or your teeth will ache! *(Hands at mouth, face in grimace)*

Sugar Busting is speedy quick! *(Run in place)*

Now we all know the tricks! *(Point to head/brain)*

Let’s stay healthy when we eat

And choose to have a healthy treat!