



Lil  
Sugar

MASTER OF DISGUISE

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# FOREWORD

Sugar is ubiquitous in the modern-day diet. Lil Sugar, Master of Disguise does a wonderful job educating and exposing the shennanigans he uses to get us to overconsume, while highlighting a variety of food items that we don't generally associate with high sugar content. Of course, not all sugars are unhealthy; naturally-occurring sugars in fruits and vegetables are useful simple carbohydrates that our bodies need and use for energy. At HHPH we've developed the "go, slow, whoa" strategy to teach youth to be mindful of what they are doing throughout the day and what they are consuming while they do it. The overconsumption of added sugars, especially, are simply empty calories that lack nutritional value.

The adventures of, Lil Sugar, are powerfully illustrated to highlight and explore how added sugars are included in the mind-bending range of processed foods and beverages. You will be paused to find them in soups, cereals, breads, tomato sauces, burger patties, and salad dressings!

Added sugars may make some foods more appealing but more importantly they can cause addiction by activating our brain's reward circuits. Food addiction is a real condition, accompanied by craving and physical withdrawal symptoms should a person go cold turkey away from sugar consumption.

At HHPH we have created an arsenal of resources you can find at [www.hhph.org](http://www.hhph.org) for free, to teach and test your knowledge on what it means to live a healthy diet. Lil Sugar is a new addition to those resources and a fun way to engage technvology in understanding how much and what kinds of sugar are in the foods and beverages we consume. Lil Sugar Master of Disguise will also entertain you while you learn more about this commonly over consumed ingredient.

**Olajide Williams, MD**

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**Lil Sugar** is his name and I think that's quite nice,

**But one thing you should know:  
he's a master of disguise.**

**One clever rascal, with a knack for deception,  
who goes where he pleases, no exceptions.**

**You would never realize, just by looking,**

**The unpleasant surprise that he's cooking.**

**The confusion begins when he reaches your tummy,**

**And the mess that he makes, trust me, it's not yummy.**

**He is waging a war with no truces or treaties**

**And his weapon of choice is, oh-no, Diabetes!**

**Now, let's get on with it, no time to waste.**

**Lil Sugar, of your secrets we shall get a taste.**



**Rear flaps, flame paint and mag wheels:**

**The first disguise Lil Sugar reveals  
is a flamboyant automobile.**

**The suit you see him wearing  
demands a stunt that's truly daring.**

**A corn hot rod jumping over a hot dog?  
It looks as easy as falling off a log!**







# KANTHAN Gum

Is he the meanest?

Is he the sweetest?

Is he the sneakiest low down,  
that has been hanging around town?

Bursting from a **salad dressing**  
bottle, with a flying kick, he goes  
full throttle.





# Coconut Syrup

**It's time for the next address**

**Lil Sugar selected to transgress.**

**Feeling rustic, Lil Sugar improvises  
a tree suit with leaves of all sizes.**

**A gummy muffin is the chosen place  
For a coconut costume, full of grace!**



# FRUCTOSE

**“This is a tough one,” he thinks, all alone.**

**To sneak inside **soda**, quick as a cyclone,**

**He grabs – guess what – a microphone!**

**And with a fruit hat, goes full-baritone.**

**He’s singing well, he’s in the zone.**

**A capella: no piano nor trombone.**

**This behavior we should not condone.**

**For his actions, will he one day atone?**

**If only he left us alone...**





**Breakfast cereal seems  
inviting to most.**

**But Little Sugar resists.**

**Well... almost.**

**He jumps in, not once, but twice**

**Dressed with a suit made of rice.**

**“Cannonball!”**

**is what he screams,**

**As our health comes apart at the seams.**





# MALTOSE



Ladies and gentlemen,  
from near and far!  
Come see the greatest trick  
on a... **granola bar?**

Here's a magician,  
our superstar.  
But, honestly?  
He's a bit bizarre...





# CORN SYRUP



To sneak inside food Lil Sugar was born.

And that's why he sewed a suit made of corn.

Does a scarecrow look harmless to you,  
or does it look creepy,  
about to scream "boo!"?

A can of **soup** is the perfect location,  
for a secret and sweet infiltration.

Once he gets in, he's ready to strike.  
Lil Sugar, why don't you take a hike?



# Molasses



**“Yo-ho-ho, I’m so glad that you’ve come!  
All aboard, to the beat of my drum!”**

**A villainous sailor, with a laugh  
that’s like thunder.**

**Your health is the treasure he’ll  
pillage and plunder**

**Pirates! Unsheathe your cutlasses!  
Make way for your captain Molasses!**

**Barbecue sauce is the sea his  
ship sails, and whoever refuses,  
shall swim with the whales.**



# DEXTROSE

Lil Sugar, you have no shame.

Is our health nothing but a game?

So, Dextrose is the chosen name,

(the word “dexterity” is to blame)

for the player he just became.

At a **sports drink** bottle he takes aim:

it's where the rascal stakes his claim.

No granny shots here – they're lame.

A slam dunk will be his claim to fame.





# Fruit CONCENTRATE



Lil Sugar sees a **fruit juice** carton on a crate.  
“Must infiltrate!”, he yells, a bit desperate.

Then sitting with his back straight,  
he quickly starts to meditate.

Disguised as fruit concentrate,  
a guru is what he chose to imitate.

And here’s a thought to contemplate:  
he’s a danger many people underestimate.

Now you know, so quit rising to the bait.







**There's a rumor making the rounds,  
That Lil Sugar's daring knows no bounds.**

**It's sad to admit we're a laughing stock,  
for the next food will come as a shock.**

**A burger! Yes, you read that right.  
He just broke in, and that's not polite.**

**And after all went according to plan,  
He came, he conquered, he's getting a tan?**

**That smirk on his face... I'm not a fan.  
It surely means "catch me if you can!".**





# Lactose

It's a wonder how he does it with such ease.  
Lil Sugar sneaks inside **mac and cheese**.

He dresses as a truck painted white,  
then enters comfort food, out of sight.

"The milkman cometh!" he yells with a smile.  
Say what you want, this cube has some style.

But give him an inch and he'll take a mile.  
For all his misdeeds, he has to stand trial.



**Well, this is it, thanks for stopping by,**

**We bid you farewell,  
adieu and goodbye.**

**Wait, what's this?  
in the blink of an eye,**

**Lil Sugar has more disguises?  
Oh my...**

**It's up to us now, so we better prepare,  
to unmask Lil Sugar everywhere.**

**Make it snappy! Not a moment to spare,  
If we are to catch Lil Sugar unaware.**



**Have no fear, you're not alone,**

**We are all committed to the bone.**

**Mom, Dad and even uncle Malone:  
together, we can take this villain out of his comfort zone.**

**Good luck and good hunting!**



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