

The scoop on: SUGAR



SUGAR BASICS

What is it?

- Whether natural or processed, sugar is a simple carbohydrate your body uses for energy
- "Added sugars" are added during food processing

How much is okay?

- 10% of daily calorie needs (about 12 tsp. for adults and 3-4 tsp. for young kids)
- There are 4 grams of sugar in every teaspoon
- Rather than obsessing over grams, focus on limiting foods that contain added sugar

The not so sweet truth

- Foods with a lot of added sugar add calories without nutrition
- May contribute to weight gain
- Excessive added sugar can raise triglycerides, which can lead to heart disease
- Sugar allows bacteria in mouth to multiply and grow, leading to tooth decay and cavities

CLAIMS ON PACKAGES

- **Sugar Free:** less than 0.5 g of sugar per serving
- **Reduced Sugar or Less Sugar:** at least 25% less sugar per serving compared to a standard serving size of the traditional variety
- **No Added Sugars or Without Added Sugars:** no sugars or sugar-containing ingredient, such as juice or dry fruit, is added during processing
- **Low Sugar:** not defined or allowed as a claim on food label

SUGAR IN DISGUISE

- Over 50 different names for sugar!
- Check ingredient list
- Look for words ending in -ose
- Cane and brown sugars, honey, molasses, and syrups

SOURCES OF ADDED SUGAR

- Soda, sweetened coffee, energy drinks, "fruit drinks" are 5-10% juice, sugary cereal, flavored yogurt, baked goods (cakes, cookies, pastries), granola bars, instant oatmeal, pasta sauces, condiments, frozen foods

HOW TO REDUCE ADDED SUGAR

- Choose calorie-free drinks, including water!
- Make sure your juice is 100% juice
- Dilute juice by using half water
- Skip sugary frosted cereals
- Buy fruit packed in water or juice, not syrup
- Choose plain yogurt and add your own fruit
- Snack on vegetables, fresh fruit, low-fat plain yogurt, and whole grain crackers instead of candy or cookies
- Veggies like bell peppers, carrots, sweet potatoes, and sugar snap peas are naturally sweet

Why is it added?

- Gives baked goods flavor, texture, and color
- Preserve jams and jellies
- Balances acidity of foods containing vinegar and tomatoes

DID YOU KNOW...

A 12 oz. Coke has about 10 tsp. of sugar!

