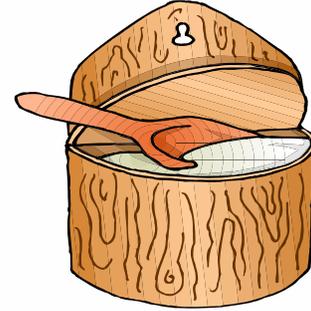


# Sweet Facts about Sugar



Sugars are a carbohydrate and a source of energy or calories. Sugars occur naturally in many foods such as milk, fruits, some vegetables, breads, cereals, and grains or can be added to foods such as candy, fruit drinks, and pop.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 260</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9	• Carbohydrate 4      • Protein 4

The “Sugars” value listed on the food label includes both naturally occurring and added sugars. Foods with naturally occurring sugars provide our body with important vitamins and minerals needed for good health. Foods with added sugars are often low in nutrients. Eating or drinking too much of these foods with added sugars can lead to weight gain and promote tooth decay. The more often you eat foods high in sugar and the longer these foods remain in your mouth before you brush your teeth, the greater your risk for tooth decay. (See the table below for examples of added sugars that appear on food labels.)

**Did you know that the number one source of added sugars in the American diet is pop?**



## Names for Added Sugars that Appear on Food Labels

Brown sugar	Fructose	Invert sugar	Powdered sugar
Confectioners sugar	Fruit juice concentrate	Lactose	Sucrose
Corn sweetener	Glucose	Maple syrup	Syrup
Corn syrup	High fructose corn syrup	Maltose	Table sugar
Dextrose	Honey	Molasses	White sugar

Know how. Know **now**.

## How Much Sugar Can I Have?

The 2005 dietary guidelines recommend that your diet be low in added sugars, which means it is important that you choose foods such as fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products instead of those foods that are high in sugar such as pop, candy, cookies, and cake. To find out which foods are low in added sugars, read the ingredient list and make sure the names for added sugars listed in the table above (Names for Added Sugars that Appear on Food Labels) are not one of the first few ingredients. The table below gives you an example of how many grams of added sugars are in a few commonly eaten foods.

<b>Foods High in Added Sugars</b>		
<b>Food</b>	<b>Serving Size</b>	<b>Added Sugar</b>
Soft Drink, cola	12 ounces	36 grams
Chocolate Shake	10 ounces	36 grams
Fruit Drink	8 ounces	25 grams
Chocolate Bar	1.5 ounces	21 grams
Frosted Cold Cereal	1 cup	12 grams



### Tips to Limit Your Intake of Added Sugars

- ▶ Keep track of your sugar intake. Use the Nutrition Facts on food labels to learn about the sugar content of the foods and beverages you consume during the day.
- ▶ Drink water to quench your thirst. Soda/pop, fruit punch, lemonade and fruit drinks are all sources of added sugar.
- ▶ When eating out, order milk, water, unsweetened ice tea, or a diet soda/pop as a beverage. If you do order a regular soda/pop, stick to the small sizes. A “biggie” soda/pop contains over 100 grams of sugar.
- ▶ Choose fruit instead of candy and cookies when you want something sweet.
- ▶ When buying canned fruit, choose fruit packed in its own juice.
- ▶ Make your own fruit flavored yogurt. Add fresh or canned fruit (packed in juice) to plain yogurt.

Source: Nutrition Council of Greater Cincinnati, [www.nutritioncouncil.org](http://www.nutritioncouncil.org), *Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans* at <http://www.health.gov/dietaryguidelines/dga2005/document/pdg/brochure.pdf>