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## **AvOid or minimize foods and drinks with added sugars**

Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation. More than ever, people are consuming large amounts of sugar as part of their daily diet. But in excess, sugar can take its toll. Eating large amounts of sugar adds extra calories, which can cause weight gain, diabetes, and many other health concerns.

### **How do you know whether a food contains added sugars?**

The ingredients on packaged foods are listed in order of amount by weight from most to least. Foods that have added sugars as one of the first few ingredients may be high in total sugars.

Check the Nutrition Facts label to determine the amount of sugars per serving of the food or drink. When you see sugar on the Nutrition Facts label, you can visualize the total amount of sugar (natural and added) in 1 serving of a food item: 4 grams of sugar = ~1 teaspoon = ~16 calories. For example, a 12-fluid ounce soft drink with 150 calories typically has almost the equivalent of 10 teaspoons of sugar.

Names for added sugars in an ingredient list include brown sugar, corn sweetener, corn syrup, dextrose, glucose, high fructose corn syrup, invert sugar, maltose, malt syrup, molasses, raw sugar, sucrose, and syrup. Also, check the front of the food package for guidance.

The foods that contribute the most added sugars to diets of Americans are:

- regular soft drinks
- candy
- cookies, and pies
- fruit drinks such as fruit punch
- sweetened milk and milk products such as ice cream
- sweetened yogurt
- sweetened grains such as sugar-sweetened cereals
- cinnamon toast
- honey-nut waffles

The sugars listed on the label also include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. These naturally occurring sugars are “good” sugars. Juices that say 100% juice are best for you.

Brought to you by the *Wayne Co. Child Nutrition and Fitness Coalition*. For electronic copies and more information visit [www.waynefcfc.org](http://www.waynefcfc.org) or contact the OSU Extension Office at 330-264-8722.

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Bowman, Shanthy A., Diets of Individuals Based on Energy Intakes from Added Sugars – Statistical Data Included, *Family Economics and Nutrition Review*, Fall 1999.