

What to Know About Sugar



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Understanding Sugar

- Natural sugars are found in healthy foods like fruit and milk.
- Sugars are added to some foods when they are prepared or packaged.

Why Sugar is Harmful?

- Added sugars have no nutrients and only add extra calories.
- Eating and drinking too much sugar raises the chance of having overweight and obesity, type 2 diabetes, heart disease, acne, and cavities.

How Much Sugar Should You Eat?

- The American Academy of Pediatrics suggests:
 - Under 2 years of age: no food and drinks with added sugar
 - 2 years of age and older: less than 25 grams (about 6 teaspoons) of added sugar per day
- The American Heart Association suggests:
 - For most women: no more than 100 calories from added sugar a day
 - For most men: no more than 150 calories from added sugar a day

Where is Sugar in our Foods and Drinks?

- Almost all of the calories from added sugars in the U.S. comes from packaged, ultra-processed foods.
- A 12-ounce can of regular cola contains more than 9 teaspoons of added sugars; a 20-ounce bottle contains 16 teaspoons (which is 1/3 cup)!
- Added sugars have many names such as: sucrose, dextrose, high-fructose corn syrup, cane juice/cane syrup, fruit juice concentrate/fruit nectar, agave nectar, honey, malt, maple syrup, and molasses.

How to Eat and Drink Less Sugar

- Read labels carefully. Food and drink packaging lists ingredients in order by weight. If sugar is near the top of the list, the food or drink is likely to be unhealthy. Nutrition Facts labels include the amount per serving just below Total Sugars.
- Drink water instead of sweetened drinks.
- Choose nutritious snacks like vegetables, fruits, low-fat cheese, whole-grain crackers, and nonfat, unsweetened yogurt instead of candy or sugary baked goods.