

Facts About Sugar



THE SUGAR BASICS

Sugar gives the body energy, but too much sugar is unhealthy. The body actually uses all sugars the same way- it changes them to glucose, which is what our body uses for energy. However, in order to get long-lasting energy for your body, you need to eat more complex sugars (or carbohydrates) such as whole grain products.

Eating too many simple sugars, like from soda or sweets, gives you quick energy or a “sugar high” which is quickly gone, leaving you feeling sluggish. You can avoid eating too much sugar by being smart and knowing how to find it on a label.

Find sugar by looking for **-ose** at the end.

Examples:

- ✚ **Glucose**- fruits, vegetables, honey, milk, cereal
- ✚ **Fructose**- fruits, vegetables, honey
- ✚ **Galactose**- milk products
- ✚ **Sucrose**- fruits, vegetables, table sugar
- ✚ **Lactose**- milk products
- ✚ **Maltose**- malt products, cereal

Know the many different names for sugar, such as: **corn syrup, high-fructose corn syrup, dextrose, maltodextrins, granulated sugar, or concentrated fruit juice sweetener.** Added sugars can come from corn, beet, grape or sugar cane, which are processed before being added to foods. Sugars can also be naturally occurring (in fruit) or added (in soda).

READING A FOOD LABEL

Nutrition Facts	
Serving Size fl. oz. (240mL)	
Amount Per Serving	
Calories 120	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	
Vitamin A 0%	* Vitamin C 15%
Calcium 0%	* Iron 0%
* 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
Saturated Fat	Less Than 30g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Find the “**Total Carbohydrate**”, and below it find “**Sugars**”. Sugar is listed in grams. Every 4 grams of sugar = 1 teaspoon of table sugar.

In this example, 8 oz. of lemonade (240 mL) has 27 grams of sugar. This equals about 7 teaspoons, and the **daily limit is 10 teaspoons!**



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DID YOU KNOW???

- ✚ One 12-oz. can of **Coke has 39 grams of sugar!!!** That is about 10 teaspoons, which is your *entire daily limit of sugar!!!*
- ✚ Too much sugar can lead to **tooth decay**
- ✚ **Limit juice intake** to 4-6 oz. per day for children between 1-6 years and 8-12 oz. per day for kids between 7-18 years
- ✚ **Soda is the number one source of sugar** in the U.S. diet, and other sweetened drinks are not too far behind
- ✚ Foods with added sugars are often **high in calories** and low in nutrition.
- ✚ Too much of these foods can lead to excessive weight gain

Websites to visit for more information:

<http://www.mypyramid.gov/>

Dietary Guidelines and recommendation about sugar

http://education.wichita.edu/caduceus/examples/soda/soda_index.html

Lesson on how to find out how much sugar is in soft drinks

<http://www.mayoclinic.com/health/high-fructose-corn-syrup/AN01588>

Gives information on High Fructose Corn Syrup, and why it should be avoided.



HIGH FRUCTOSE CORN SYRUP

- ✚ High Fructose Corn Syrup (HFCS) is an added sugar found in sodas, fruit-flavored drinks, processed foods and baked goods
- ✚ HFCS should be **avoided** because it is high in calories and low in nutritional value
- ✚ HFCS may be linked to Type II Diabetes and obesity

TO CUT DOWN ON SUGAR INTAKE:

- ✚ Eat **whole fruit** instead of fruit juices- even 100% fruit juice is high in natural sugar
- ✚ Think of sweetened drinks (lemonade, iced tea, fruit punch and soda) as “**liquid candy**”, and try to avoid them
- ✚ Limit Gatorade, PowerAde, Vitamin Water and other “power” drinks that are also **high in sugar**
- ✚ **Don't skip meals**- this may cause a sugar craving
- ✚ **Don't add sugar** to foods
- ✚ Be able to **recognize how much sugar** is in a food or drink

