**Sweet Facts About Sugar**

**NUTRITION EDUCATION PROGRAM FACT SHEETS**

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**Sugar: The Basics**

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. Sugars are also added to foods such as candy, fruit drinks, and pop.

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 added sugar and the longer these foods remain in your mouth before you brush your teeth, the greater your risk for tooth decay.

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**Added Sugars**

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

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**Nutrition Facts**

**Serving Size 2/3 cup (55g)**

**Serving Per Container About 8**

**Amount Per Serving**

| Calories | 230 | Calories from Fat 72%
|---|---|---
| Total Fat | 8g | 12%
| Saturated Fat | 1g | 5%
| Trans Fat | 0g | 0%
| Cholesterol | 0mg | 0%
| Sodium | 160mg | 7%
| Total Carbohydrate | 37g | 12%
| Dietary Fiber | 4g | 16%

**Sugars 12g**

**Protein**

| 3g | 10%

**Vitamin A**

| 10%

**Vitamin C**

| 8%

**Calcium**

| 20%

**Iron**

| 45%

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**Nutrition Facts**

**8 servings per container**

**Serving size 2/3 cup (55g)**

**Amount per serving**

<table>
<thead>
<tr>
<th>Calories</th>
<th>230</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>8g</td>
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</tr>
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</tr>
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<td>14%</td>
</tr>
</tbody>
</table>

**Total Sugars 12g**

**Includes 10g Added Sugars 20%**

**Protein**

| 3g |

**Vitamin D**

| 2mcg | 10% |

**Calcium**

| 260mg | 20% |

**Iron**

| 8mg | 45% |

**Potassium**

| 235mg | 6% |

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Total Fat: Less than 65g; Sat Fat: Less than 20g; Cholesterol: Less than 300mg; Sodium: Less than 2,400mg; Total Carbohydrate: 30g; Dietary Fiber: 25g.

*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.
How Can I Reduce My Intake of Added Sugar?

The 2015 Dietary Guidelines for Americans recommends limiting added sugars to less than 10 percent of calories per day. It is important to choose foods such as fruits, vegetables, whole grains, and plain fat-free or low-fat milk products. Limit foods that are high in added sugar such as pop, fruit drinks, and sweet treats. To find out which foods are low in added sugars, read the ingredient list and look for the added sugars listed on the previous page. The table below is an example of how many grams of added sugars are in some commonly eaten foods.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Added Sugar</th>
<th>Percent based on a 2,000 calorie diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft drink, cola</td>
<td>12 ounces</td>
<td>36 grams</td>
<td>7%</td>
</tr>
<tr>
<td>Milk shake</td>
<td>10 ounces</td>
<td>36 grams</td>
<td>7%</td>
</tr>
<tr>
<td>Fruit drink</td>
<td>8 ounces</td>
<td>25 grams</td>
<td>5%</td>
</tr>
<tr>
<td>Chocolate bar</td>
<td>1.5 ounces</td>
<td>21 grams</td>
<td>4%</td>
</tr>
<tr>
<td>Frosted cereal</td>
<td>1 cup</td>
<td>12 grams</td>
<td>2%</td>
</tr>
</tbody>
</table>

Dietary Balance

- Keep track of your sugar intake. Use the Nutrition Facts Label to learn about the sugar content of foods and beverages.
- Drink water to quench your thirst instead of soda/pop, fruit punch, lemonade and fruit drinks.
- When eating out, order plain milk, water, unsweetened iced tea, or a diet soda/pop as a beverage.
- Choose fruit instead of candy and cookies when you want something sweet.
- When buying canned fruit, choose fruit packed in its own juice.
- Add fresh or canned fruit (packed in juice) to plain yogurt.

Orange Slushie

4 servings
1 (6 oz.) can frozen orange juice concentrate
1 c. low-fat milk
½ c. water
½ tsp. vanilla
4 ice cubes

Place all the ingredients in a blender and process until smooth. Serve right away.

Nutrition information per serving: Calories 90, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (1% DV), Sodium 30 mg (1% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 0 g (0% DV), Sugars 19 g, Protein 3 g, Vitamin C 100%, Calcium 8%, Iron 0%