

BE SUGAR WISE

Most Americans consume too many calories from unhealthy carbohydrate sources such as sugar-sweetened beverages. Beverages do provide needed fluid, but for many, they also add unnecessary calories, making it difficult to achieve and maintain a healthy weight¹. Here's how to spot the amount of added sugar in your food or beverage:

1) Check the Ingredient List for Added Sugar

Sugar takes many forms, and if the ingredient list includes any of the words below, you can be sure there is some form of added sugar in your food or beverage. When the label says "no added sugar" it should not contain any of these ingredients, but it might contain naturally occurring sugar, such as lactose in milk or fructose in 100% natural juices. These items may offer other healthful nutrients, but whether added or naturally occurring, all types of sugars contribute calories and add to your total daily caloric intake.

Agave Nectar	Dextrose	Malt Syrup	Sorghum
Barley Malt	Fruit Juice Concentrate	Maltose	Sucrose
Brown Sugar	Glucose	Maple Syrup	Sugar
Cane Juice	High-Fructose Corn Syrup	Molasses	Syrup
Corn Sweetener	Honey	Raw Sugar	Treacle
Corn Syrup	Invert Sugar	Rice Syrup	Turbinado Sugar
Dextrin	Maltodextrin	Saccharose	Xylose

2) Calculate the Sugar Content from the Nutrition Label

Calculation: Grams of Sugar ÷ 4 = Teaspoons of Sugar

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Sodium 70mg	3%
Total Carbohydrate 31g	10%
Sugars 30g	
Protein 0g	
*Percent Daily Values based on a 2,000 calorie diet	

Check the Serving Size

Often, a seemingly single serve package contains more than one serving. Make sure to multiply the teaspoons of sugar per serving by the number of servings you will consume when calculating sugar content.

Example:

- Item contains 30g of sugar per 8 oz serving
 $30g \div 4 = 7.5$ teaspoons of sugar per 8 oz serving
- There are 2.5, 8 oz servings per entire container
- If you consume the entire container, or 2.5 servings:
 $7.5 \text{ teaspoons of sugar} \times 2.5 \text{ servings} = 18.75 \text{ teaspoons of sugar!}$

How Much is Too Much?

The American Heart Association recommendation for added sugar is no more than 100 calorie (6 teaspoons) per day for women and 150 calories (9 teaspoons) per day for men². Currently, the average U.S. adult consumes 22 teaspoons of added sugar per day, with soft drinks being the largest contributor.

¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

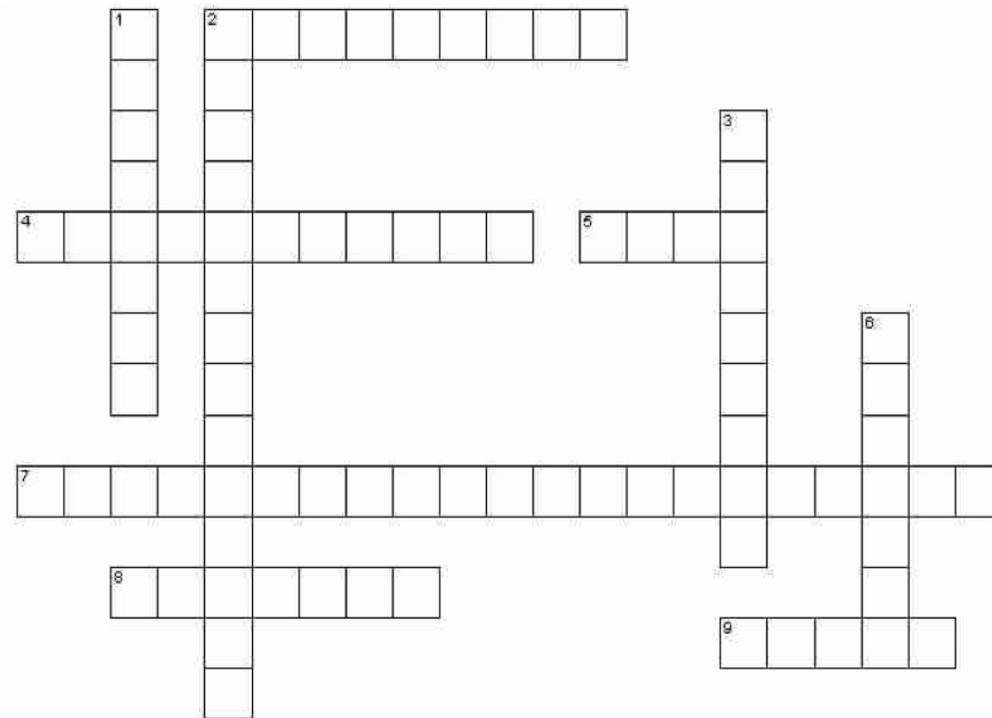
² Johnson, RK, et al. Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association. *Journal of the American Heart Association*. 2009;120 (11): 1011.

SUGAR WISE CROSSWORD PUZZLE

Test your knowledge about sugar in the American diet by completing the crossword puzzle below. Answers listed at bottom of page.

WORD BANK

Calories	Lactose	Serving Size	Sucrose
High Fructose Corn Syrup	Nutrients	Soda	Teaspoons
Honey	Nutrition Facts		



ACROSS

- Sugar-sweetened beverages are often high in calories and low in this.
- When determining sugar content, it's important to factor in the _____.
- This beverage is the largest contributor of added sugar in the American diet.
- This controversial sweetener is commonly found in processed foods and beverages in the U.S.
- This is an example of a naturally occurring sugar found in milk and other dairy products.
- Although this natural sweetener may contain small amounts of antioxidants, it still contributes calories and should be considered in the context of total caloric intake.

DOWN

- All types of sugar, whether added or naturally occurring, contribute this to the diet, often in excess of needs.
- To determine the number of teaspoons of added sugar in a food or beverage, look to this panel on a food label and divide the grams of sugar by four.
- The American Heart Association recommendation for added sugar is no more than 100 calories per day for American women, which is about six _____.
- Table sugar also goes by this name and is comprised of 50% glucose and 50% fructose.

Down: 1. Calories, 2. Nutrients, 3. Nutrition Facts, 4. Serving Size, 5. Soda, 6. Sucrose, 7. High Fructose Corn Syrup, 8. Lactose, 9. Honey

ANSWERS: