



Avoiding Added Sugar

Added sugars are sweeteners added to food during processing, preparation or directly before it is eaten. Common examples of added sugar include corn syrup, honey and nectar.

Containing no essential nutrients, an excess of added sugar contributes to health conditions such as obesity, type 2 diabetes and heart disease.

What's more...by eating excessive amounts of added sugar, other nutritious foods are often left out of the diet, which can lead to nutrient deficiencies such as iron and vitamin D deficiency.

68g

average daily
consumption of added
sugar for those 2-19
years old.*

63%

of children (6 in 10)
consume a sugar-
sweetened
beverage daily.*

84%

of children under age 2
consume added sugar
daily.**



*Centers for Disease Control and Prevention

**Journal of the Academy of Nutrition and Dietetics

Added Sugar Math

1 teaspoon of added sugar = 4 grams

2 teaspoons of added sugar = 8 grams

4 teaspoons of added sugar = 17 grams

8 teaspoons of added sugar = 33 grams

16 teaspoons of added sugar = 66 grams

Recommendations for Added Sugar

Children 0-2 years: no added sugar in the diet is recommended.

Children 2-19 years: less than 10% of total daily calories should come from added sugar.

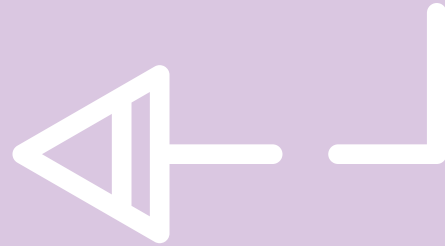
For example: a 1,200 calorie diet should have no more than 120 calories (7 teaspoons) per day from added sugar.

Finding Added Sugar

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	

Image: fda.gov

On nutrition facts panels, look for "Added Sugar" under Total Carbohydrate



Did you know?

Most added sugar in children's diets comes from sugar-sweetened beverages such as soft drinks, fruit drinks (not 100% juice) and sports drinks. Also, natural sugars such as lactose found in milk and fructose found in fruit are not considered added sugars.

Hidden sources of added sugar include: yogurt, cereal, salad dressing and condiments.

Eliminating all added sugar from one's diet is often not realistic. Try cutting back on added sugar slowly over time.

Names for Added Sugar

Agave	High fructose corn syrup
Agave nectar	Honey
Brown rice syrup	Invert sugar
Cane sugar	Maltose
Coconut sugar	Malt syrup
Corn syrup	Maple syrup
Corn syrup solids	Molasses
Dextrose	Nectar
Fructose	Palm sugar
Fruit juice concentrates	Sucrose
Glucose	

What about juice?

While juice contains vitamins and minerals, the fiber from the fruit or vegetable has been removed. Eating whole fruits and vegetables, when possible, is preferred.



CACFP Guidelines: Pasteurized, full-strength juice (100% juice) can be served once daily, including as a snack. For children under age 1, fruit and vegetable juices are not allowed.

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