

UNDERSTANDING ADDED SUGAR



Added sugars are types of sugars or syrups added to foods during processing or preparation.

4 grams of sugar = 1 teaspoon

This is important to remember when looking at food labels.

You can usually tell when something is a sugar because it has the ending "**ose**" like **maltose or sucrose**. But many times added sugars are hidden in ingredient lists with names like:

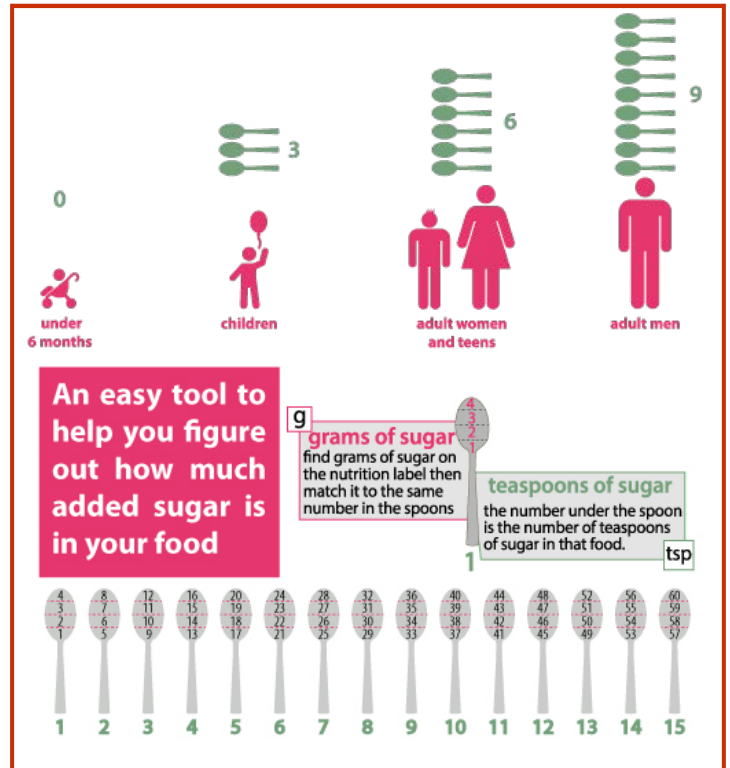
dextrose	raw sugar
molasses	syrup
cane sugar	nectar
honey	fruit juice concentrate
high-fructose corn syrup (HFCS)	corn syrup
evaporated cane juice	cane crystals
corn sweetener	

HOW MUCH IS TOO MUCH?

The average American has about **22 tablespoons** of added sugar each day.

HOW MUCH ADDED SUGAR SHOULD YOU HAVE EACH DAY?

The American Heart Association recommends:



WHAT'S SO BAD ABOUT SUGAR?

Eating or drinking too much sugar has been linked to obesity and weight gain. It is also associated with a higher risk of many chronic diseases such as diabetes, high blood pressure, and heart disease

Many people know soda is bad... **But what about "better" drinks?**

100% Fruit juice

Even though 100% fruit juice is better than soda or fruit-flavored beverages, it still has a lot of sugar. Drinking juice in high quantities can have negative effects on children, such as weight gain and tooth decay.

The American Academy of Pediatrics recommends:

- Infants under 6 months of age should not be given juice.
- Children 1 to 6 years old: no more than 4 to 6 oz (one-half to three-quarters of a cup) of juice per day
- Children 7 to 18 years old: no more than 8 to 12 oz (1 to 2 cups) of juice per day.

Sports Drinks

Many ads for sports drinks make it seem like everyone doing any type of physical activity should be drinking one. The reality is, that these are very high in sodium and sugars. The best way to hydrate during and after physical activity is always water.

Water is always the best option for drinks!