

# All About Sugar

## NATURAL VS. ADDED SUGARS

### Natural Sugars

Those naturally occurring  
in foods



### Added Sugars

Those added to foods during  
processing, preparation, or at  
the table



## Top 5 sources of added sugar:

- Sweetened beverages
- Baked goods
- Dairy desserts
- Candy
- Cereal

## Less obvious sources include:

- Condiments
- Yogurt
- Bars
- Prepared foods

## Why is sugar added?

- Adds flavor, texture and color
- Helps preserve foods
- Fuels fermentation
- Serves as a bulking agent
- Balances the acidity of foods

## Why should we care?

- May lower diet quality
- May put hunger in overdrive
- May cause fatigue
- May contribute to chronic diseases

## Daily Added Sugar Limit

**MEN**

**WOMEN**



No more than:

9 teaspoons  
36 grams  
150 calories

6 teaspoons  
25 grams  
100 calories

The average American  
consumes 22 teaspoons, or 88  
grams, of added sugar per day.

THE 56 NAMES OF  
**SUGAR**

Buttered syrup  
 Brown sugar  
 Beet sugar  
 Agave nectar  
 Fructose  
 Carob syrup  
 Castor sugar  
 Barbados sugar  
 Barley malt  
 Golden syrup  
 Glucose  
 Cane sugar  
 Cane juice  
 Confectioners' sugar  
 Demerara sugar  
 Maltodextrin  
 Malt sugar  
 Sucrose  
 Sorghum syrup  
 Panocha  
 HFCS (High Fructose Corn Syrup)  
 Grape sugar  
 Refiner's Syrup  
 Date sugar  
 Ethyl maltol  
 Dextrose  
 Caramel  
 Corn syrup solids  
 Dehydrated cane juice  
 Fruit juice concentrate  
 Galactose  
 Diastatic malt  
 Diatase  
 Mannitol  
 Florida crystals  
 Molasses  
 Sorbitol  
 Yellow sugar  
 Treacle  
 Raw sugar  
 Rice syrup  
 Muscovado  
 Golden sugar  
 Glucose solids  
 Maple syrup  
 Honey  
 Sugar (granulated)  
 Turbinado sugar  
 Icing sugar  
 Dextran



**KEEP  
 CALM  
 AND  
 EAT LESS  
 SUGAR**

- Start with beverages
- Buy plain, flavor yourself
- Prepare more of your own food
- Check ingredient lists
- Comparison shop
- Value quality over quantity
- Avoid restrictive eating patterns
- Notice how your taste buds adapt!