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In Your Hands

Added Sugar 101

Whenever sugar is added to the foods we eat through processing and preparing, it is called an added sugar. If our diet is high in added sugar we may be missing out on important nutrients our bodies need.

What does it come from?

Americans consume added sugar from:

- Soda, energy and sports drinks
- Grain-based desserts
- Sugar-sweetened fruit drinks
- Milk-based desserts
- Cereals
- Candy
- Sweetened coffee and tea drinks

What's the big deal?

Two hundred years ago, the average American ate only 2 pounds of sugar a year. Today, the average American consumes almost 152 pounds of sugar in one year. This is equal to 3 pounds (or 6 cups) of sugar consumed in one week!

Not only does added sugar = unwanted calories, it can displace essential nutrients your body needs and may increase the risk of heart disease, type II diabetes and tooth decay.

What are the recommendations ?

The Dietary Guidelines for Americans recommend limiting added sugars to **less than 10%** of calories.

What's the best advice?

You should **LIMIT** the amount of **ADDED SUGAR** you eat each day. Check out the back for easy, practical tips for reducing added sugar in your diet.

American Heart Association Guidelines on Added Sugar:

- Women: 100 calories or less per day = 24 grams = 6 teaspoons
- Men: 150 calories or less per day = 36 grams = 9 teaspoons



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Added Sugar - Otherwise Known as...

Corn Syrup	High Fructose Corn Syrup	Invert Sugar
Maltose	Sucrose	Dextrose
Lactose	Glucose	Malt Syrup
Molasses	Fruit Juice Concentrates	Honey
Brown Sugar	Syrup	Dextran
Maltodextrin	Fructose	Sorbitol

Food for Thought

One 12 oz can of cola contains **39 grams** of added sugar. If you had just 1 cola a day, that would add up to over **30 POUNDS** of sugar in just one year!!



Check your food labels!

Nutrition Facts	
Serving Size 2 Cookies (29g)	
Servings Per Container About 7	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	6%
Sugars 10g	
Protein 1g	

Follow these tips to limit the amount of added sugar in your diet:

- * Replace soda with flavored water or seltzer. Try adding fresh mint, sliced lemon, lime, grapefruit, or cucumber for great flavor.
- * Instead of adding sugar to cereals and beverages, sprinkle with a bit of ground cinnamon, nutmeg or vanilla.
- * Limit the amount of sweet treats (cake, cookies, pie, ice cream) you eat. Replace that sweet craving with naturally sweet fruit.
- * Be aware that processed foods can be high in added sugar. Read food labels to check how many grams of sugar are in each serving.
- * Instead of pouring yourself a glass of OJ, eat an orange with a glass of water.
- * Snack on vegetables, fruits, low-fat dairy foods and whole grain crackers or popcorn.
- * Is fresh fruit expensive or out of season? Buy canned fruit packed in water or frozen fruit.
- * Be a healthy role model for your kids. They'll eat what you eat!

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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