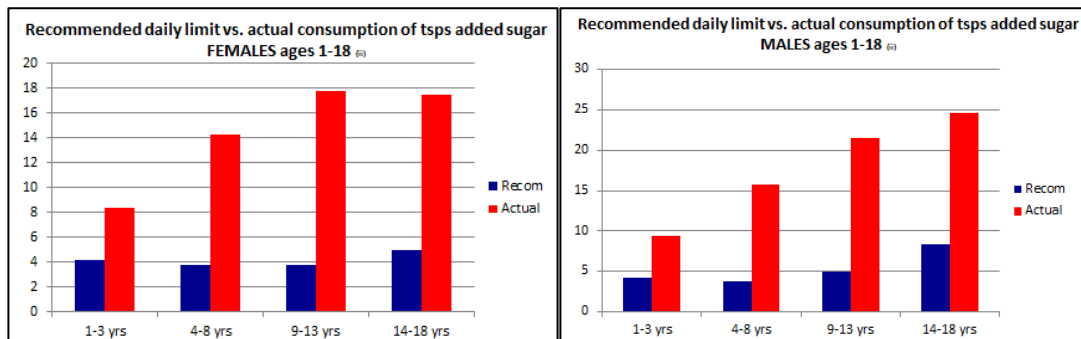


ADDED SUGARS FACT SHEET

Sugars that occur naturally in whole, unprocessed foods (such as fructose in fruit or lactose in dairy) are not a public health concern because they are not highly concentrated and come with other nutrients such as fiber or protein. However, added sugars (caloric sweeteners that are added to foods during processing or preparation) should be a minimal part of a healthy diet. Over-consumption of added sugars contributes significantly to the problem of overweight and obesity, as well as chronic health conditions such as type 2 diabetes.

HOW MUCH SUGAR ARE AMERICANS CONSUMING EACH DAY vs. THE RECOMMENDED LIMIT?

Americans of all ages exceed the recommended limit on added sugar in the 2010 Dietary Guidelines for Americans. We eat an average of 16 teaspoons (256 calories) daily.¹ Of particular concern, children's daily intake far exceeds the recommended limit



THE DIFFERENT NAMES FOR ADDED SUGARS (Partial list):

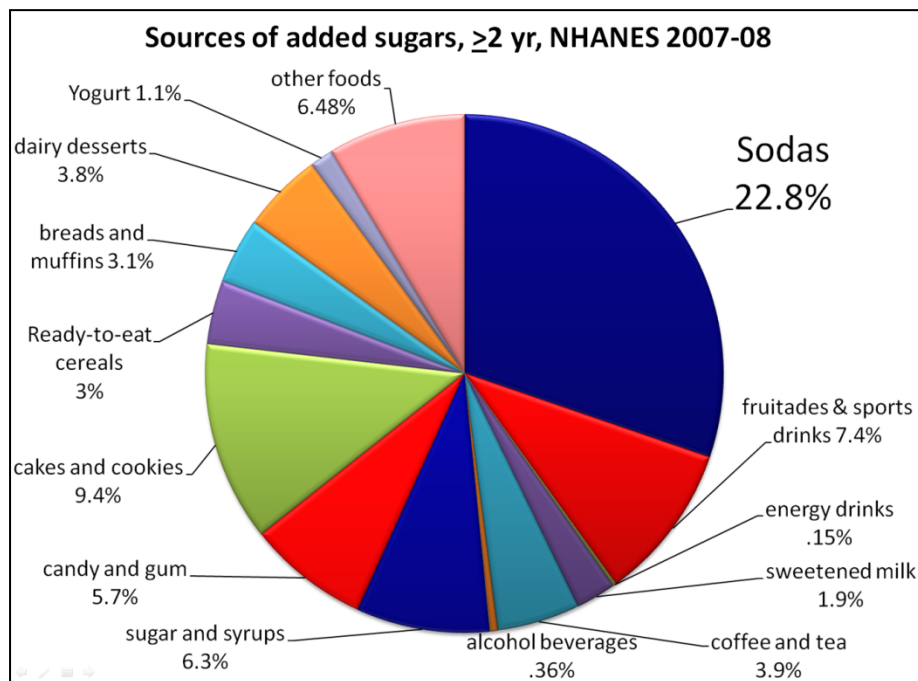
- Barley malt syrup
- Beet sugar
- Brown sugar
- Cane sugar
- Confectioner's sugar
- Corn syrup, solids
- Date sugar
- Dehydrated cane juice
- Dextrose, dextran
- Ethyl maltol
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Isomaltulose
- Lactose
- Maltodextrin
- Maltose, malt syrup
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Sugar
- Turbinado sugar

A DIET HIGH IN SUGAR PUTS YOU AT INCREASED RISK OF:

- cardiovascular disease
- non-alcoholic fatty liver disease
- overweight and obesity
- type 2 diabetes
- a decline in the intake of essential nutrients (vitamins A, E, C, all B vitamins, magnesium, iron, zinc and calcium).

HOW MUCH ADDED SUGAR DO FOODS AND BEVERAGES CONTRIBUTE TO OUR DIETS?

Foods and beverages contribute nearly the same percentage of added sugar to the diets of 2-19 year olds (52% and 48% respectively). **Soda is the single largest source of added sugar (22.8%).**



HOW CAN YOU TELL IF SUGAR IS ADDED OR NATURALLY-OCCURRING?

In most cases, you can't tell, because Nutrition Facts panels list the *total* sugars per serving—both added and naturally-occurring. Reading the ingredient list will give you an idea of what added sugars are in the product.

Some form of sugar is added to most processed foods, including canned tomatoes, pre-cooked chicken and beef products, savory snack foods (chips, crackers, pretzels, etc), table salt and spice mixes, salad dressings and condiments, pasta sauces, canned vegetables and soups, and frozen prepared entrees.

- **One teaspoon of sugar (4.2 grams) contains 16 calories**
- **Added sugar contains NO necessary or beneficial nutrients**
- **A typical 20-ounce soda has 15-16 teaspoons of sugar (240-250 calories)**

ⁱ National Cancer Institute. Usual intake of added sugars. *Usual Dietary Intakes: Food Intakes, US Population 2007-10*. Retrieved 06/11/2014, from <http://appliedresearch.cancer.gov/diet/usualintakes/pop/2007-10/>.

ⁱⁱ Recommended daily limits are one-half of daily limit for empty calories: www.choosemyplate.gov; actual intake: Johnson RK, et al. (2009) Dietary sugars intake and cardiovascular health. A scientific statement from the American Heart Association. *Circulation*. 120: 1011-1020.