


? DID YOU KNOW?

- The average American eats about 150 lbs. of sugar every year.
- $\frac{3}{4}$ of our sugar intake is in the form of junk foods like soft drinks and candy.
- Sugar promotes tooth decay.
- A pop having 50 grams of sugar is equal to 10 teaspoons of sugar.

Reasons to limit sugar:

- Sugar contains only calories and lacks vitamins, minerals, & fiber. 
- High sugar foods often replace healthy foods.
- Promotes tooth decay.

A food is likely to be high in sugars if one of these terms appears first or second in the ingredient list:

- | | |
|---------------------------|---------------|
| -Brown sugar | -Invert sugar |
| -Corn sweetener | -Maltose |
| -Corn syrup | -Molasses |
| -Dextrose | -Raw sugar |
| -Fruit juice concentrate | -Syrup |
| -Fructose | -Sucrose |
| -Glucose | -Table sugar |
| -Honey | |
| -High-fructose corn syrup | |

Sugar Substitutes

Sugar substitutes are a good way to satisfy a sweet tooth. They have only 4 calories per teaspoon as compared to regular sugar, which has 16 calories per teaspoon.

Sugar substitutes do not cause tooth decay unlike regular sugar.



Types:

Aspartame-found in Equal, Nutrasweet, Nutrasweet Spoonful, and Nutrataste.



- 180-200 times as sweet as sugar.
- Nutrasweet Spoonful can be used spoon for spoon in place of sugar.
- People with PKU (Phenylketonuria) should not use aspartame.
- Cannot be heated. It loses its sweetness.

Saccharin-found in Sweet 'N Low and Sweet 10.

- 300 times sweeter than sugar.
- Can be used for cooking.



Acesulfame-K-also known as Sunette and Sweet One.

- 200 times sweeter than sugar.
- Can be used for cooking and baking.

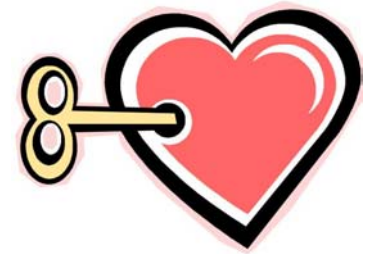
Sucralose-known as Splenda.

- 600 times sweeter than sugar.
- Can be used for cooking and baking.
- Cannot be digested so it adds no calories to food.
- Does not affect blood glucose levels so diabetics can use it.

REMEMBER: The US Dietary Guidelines advise "Choose beverages and foods to moderate your intake of sugars."

5,000 copies of this were printed by the SD Dept of Health at a cost of \$.16 per copy.

KEY NUTRIENT



SUGAR



Sugars are commonly found in many foods and are used for flavor, food texture, and for baking. Too much sugar can lead to an intake of too many calories and can cause weight gain. Sugar can also cause tooth decay.



The taste for sweets is learned. This means you can change your taste for sugar by slowly changing the amount of sugar in your diet and eating healthier foods.

Read your food labels to determine the amounts and types of sugars in the foods you eat.

SERVING SIZE: here's where you find out what equals a serving and how many servings are in a box.

SUGARS: sugars listed on the nutrition facts panel include naturally occurring sugars and those added to a food or drink.

The USDA suggests limiting sugar to 10 teaspoons per day. One teaspoon of sugar is equal to about 5 grams.

Nutrition Facts		
Serving Size: 1 cup (30g)		
Servings Per Container: 14		
Amount Per Serving	Cereal	Cereal with 1.2 cup Skim Milk
Calories	120	160
Calories from Fat	10	10
%Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	3%
Total Carbohydrate 21g	7%	9%
Dietary Fiber 2g	8%	8%
Sugars 1g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	2%
Calcium	2%	15%
Iron	6%	6%

* Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.
 ** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than 65g	80g	80g
Sat. Fat	Less than 20g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 4,400mg	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrates 4 • Protein 4

WAYS TO REDUCE YOUR SUGAR INTAKE

Desserts



Desserts are usually high in sugar.

• Make and eat sweet desserts less often. Limit sweet desserts to once or twice a week.



• Try new recipes using less sugar and less fat. Reduce sugar by 1/3 to 1/2 in favorite recipes.

• Limit yourself to a single size serving.

• Sugar substitutes, such as saccharin and aspartame, may be used instead of sugar.

• Try fresh fruits as a dessert.

Snacks



• Eat a fruit or vegetable to fill you up until dinner.

• Make healthy snack choices from the fruit, vegetable, and dairy groups.

Beverages

• Water is the best sugar-free beverage. Drink eight 8-ounce glasses of water each day.

• Drink three to four 8-ounce glasses of milk each day to promote bone health.

• Drink 100% fruit juice.

• Look for the word "juice" on the label. Words such as "ade", "cocktail", "drink", or "beverage" mean that it is NOT 100% juice.



• All juice labels must state how much real fruit juice they contain. If it says "made with real fruit juice" or "real fruit beverage", it doesn't mean they contain 100% juice.

• The average adult serving for juice is 6 ounces or $\frac{3}{4}$ cup.

Contains 100% Juice		
Nutrition Facts		
Serving Size: 8 fl oz (240mL)		
Servings Per Container: about 6		
Amount Per Serving	Calories 100	Calories from Fat: 0
% Daily Value*		
Total Fat 0g		0%
Sodium 45mg		2%
Total Carbohydrate 25g		8%
Sugars 25g		
Protein 1g		
Vitamin A 8%	Vitamin C 120%	
Calcium 6%	Iron 4%	
Not a significant source of saturated fat, cholesterol and dietary fiber.		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 4,400mg	2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
Ingredients: Water, Concentrated Red-Rose Cranefruit Juice.		