All About Sugar

There are two types of sugar, naturally occurring sugar that can be found in fruit (fructose) and milk (lactose), and the other is added sugar, which is any sugars or sweeteners added to food/beverages. Added sugar includes white sugar, brown sugar and honey, as well as other added sweeteners that are chemically manufactured, such as high fructose corn syrup. It's important to understand the difference between the two sugars to be able to read a nutrition fact label.

A nutrition fact label will highlight how much total sugar and added sugar, in grams and percent daily value, an individual serving size of the food you are consuming has. The total sugar section of the label includes both added and naturally occurring sugars and further breaks down how much of the total sugar is made up of added sugars. Here is an example:

Total Sugars 15g	
Includes 7g Added Sugars	**14%**

This means one serving of the product has 7 grams of added sugars and 8 grams of naturally occurring sugars – for a total of 15 grams of sugar. The 7 grams of added sugars represents 14% of the Daily Value for added sugars.

Resources

Sugar 101

FDA Nutrition Fact Label

American Heart Association

FDA Interactive Nutrition Fact Label

www.dshs.wa.gov/fwb

fwb@dshs.wa.gov

DSHS
WASHINGTON STATE
Department of Social and Health Services

How Much Sugar is Too Much?

Moderation is key! Too much sugar can increase your risk of obesity, heart disease, and diabetes. According to the American Heart Association, children and teens should consume less than 6 teaspoons of added sugars a day and drink no more than 8 ounces of sugary beverages a week. The World Health Organization recommends adults consume no more than 10% of their daily calorie intake from added sugars. The main sources of added sugars in typical U.S. diets are sugar-sweetened beverages, desserts and sweet snacks, sweetened coffee and tea, and candy. To help put things in perspective, here is a list of how much each beverage/food:

- A single can of soda is about 12 teaspoons of added sugars (approximately 48 grams)
- A 20-ounce bottle of Gatorade has about 9 teaspoons of added sugars (approximately 36 grams)
- A standard-size candy bar typically contains between 5 and 8 teaspoons of sugar (approximately 30-45 grams)
- A single serving of Fruit Loops cereal contains about 3 teaspoons of added sugars (approximately12 grams)
  - Compare this to the Original Cheerios, which contains about 1/4 teaspoon of added sugars (approximately 1 gram)

How Can You Reduce Your Sugar Intake?

Understand the differences between added sugars and naturally occurring sugars. Read the Nutrition Fact Labels as a tool to help reduce consumption of total added sugars. Cut your sugar intake in half. When selecting snacks, choose whole fruits or unsweetened/no-sugar beverages. Limit the amount of sugar you add to your food when cooking or baking. Limit processed foods. Replace routine family outings (like going out for ice cream or donuts) for a bike ride or a walk.