THE SUGAR BASICS

Sugar gives the body energy, but too much sugar is unhealthy. The body actually uses all sugars the same way— it changes them to glucose, which is what our body uses for energy. However, in order to get long-lasting energy for your body, you need to eat more complex sugars (or carbohydrates) such as whole grain products.

Eating too many simple sugars, like from soda or sweets, gives you quick energy or a “sugar high” which is quickly gone, leaving you feeling sluggish. You can avoid eating too much sugar by being smart and knowing how to find it on a label.

Find sugar by looking for -ose at the end.

Examples:
- Glucose- fruits, vegetables, honey, milk, cereal
- Fructose- fruits, vegetables, honey
- Galactose- milk products
- Sucrose- fruits, vegetables, table sugar
- Lactose- milk products
- Maltose- malt products, cereal

Know the many different names for sugar, such as: corn syrup, high-fructose corn syrup, dextrose, maltodextrins, granulated sugar, or concentrated fruit juice sweetener. Added sugars can come from corn, beet, grape or sugar cane, which are processed before being added to foods. Sugars can also be naturally occurring (in fruit) or added (in soda).

READING A FOOD LABEL

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size fl. oz. (240mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories: 120</td>
</tr>
<tr>
<td>Calories From Fat: 0%</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 20mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 28g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugar: 27g</td>
</tr>
<tr>
<td>Protein: 0g</td>
</tr>
<tr>
<td>Vitamin A: 0%</td>
</tr>
<tr>
<td>Vitamin C: 15%</td>
</tr>
<tr>
<td>Calcium: 0%</td>
</tr>
<tr>
<td>Iron: 0%</td>
</tr>
</tbody>
</table>

* 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 to 2,300
- Total Fat: Less Than 65g to 80g
- Saturated Fat: Less Than 20g to 25g
- Cholesterol: Less Than 300mg
- Sodium: Less Than 2,400mg to 2,400mg
- Total Carbohydrate: 300g to 375g
- Dietary Fiber: 25g to 30g

Find the “Total Carbohydrate”, and below it find “Sugars”. Sugar is listed in grams. Every 4 grams of sugar = 1 teaspoon of table sugar.

In this example, 8 oz. of lemonade (240 mL) has 27 grams of sugar. This equals about 7 teaspoons, and the daily limit is 10 teaspoons!
DID YOU KNOW???

- One 12-oz. can of Coke has 39 grams of sugar!! That is about 10 teaspoons, which is your entire daily limit of sugar!!
- Too much sugar can lead to tooth decay
- Limit juice intake to 4-6 oz. a day for children between 1-6 years and 8-12 oz. a day for kids between 7-18 years
- Soda is the number one source of sugar in the U.S. diet, and other sweetened drinks are not too far behind
- Foods with added sugars are often high in calories and low in nutrition.
- Too much of these foods can lead to excessive weight gain

Websites to visit for more information:

Dietary Guidelines and recommendation about sugar
http://www.mypyramid.gov/

Lesson on how to find out how much sugar is in soft drinks
http://education.wichita.edu/caduceus/examples/soda/soda_index.html

Information on high fructose corn syrup and why to avoid it!
http://www.mayoclinic.com/health/high-fructose-corn-syrup/AN01588

HIGH FRUCTOSE CORN SYRUP

- High Fructose Corn Syrup (HFCS) is an added sugar found in sodas, fruit-flavored drinks, processed foods and baked goods
- HFCS should be avoided because it is high in calories and low in nutritional value
- HFCS may be linked to Type II Diabetes and obesity

TO CUT DOWN ON SUGAR INTAKE:

- Eat whole fruit instead of fruit juices— even 100% fruit juice is high in natural sugar
- Think of sweetened drinks (lemonade, iced tea, fruit punch and soda) as “liquid candy”, and try to avoid them
- Limit Gatorade, PowerAde, Vitamin Water and other “power” drinks that are also high in sugar
- Don’t skip meals— this may cause a sugar craving
- Don’t add sugar to foods
- Be able to recognize how much sugar is in a food or drink