Sugar

Sugars are found naturally in some foods. Sugars are added to foods during processing and at the table.

**Foods with natural sugars also contain minerals and vitamins.**
- Most fruits and vegetables contain sugars—glucose, fructose, and sucrose.
- Milk contains lactose.
- Legumes and peas contain maltose.

**Some foods have added sugars.**
- Sugar supplies energy (calories) but few nutrients.
- Foods high in added sugar (cakes, candies, soft drinks) are also high in calories.
- A calorie is a measure of energy in foods you eat and drink.
- Sugary foods can contribute to tooth decay and obesity.

**Shopping Tips**

Buy 100 percent fruit juice without added sugar.

Buy cereals that are not already sweetened with sugar.

Buy fresh fruits or fruits canned in juice. They are naturally sweet.

**Did you know?**

A 12-ounce drink contains about 9 teaspoons of sugar.

**Food labels** tell you a lot about what is inside a can or package.

Sugars are listed in the ingredient table. Look for:

- white sugar
- brown sugar
- raw sugar
- honey
- corn syrup
- invert sugar
- molasses
- corn sweetener
- other syrups
- fructose
- lactose
- high-fructose corn syrup
- fruit juice concentrate
- glucose (dextrose)

**Some canned fruits are packed with added sugar.**

<table>
<thead>
<tr>
<th></th>
<th>Peaches (Water Pack)</th>
<th>Peaches (Juice Pack)</th>
<th>Peaches (In Light Syrup)</th>
<th>Peaches (In Heavy Syrup)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving has</td>
<td>NO sugar added</td>
<td>NO sugar added</td>
<td>2 teaspoons sugar added</td>
<td>4 teaspoons sugar added</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Sugar supplies energy (calories) but few nutrients.
Cutting back on added sugar will reduce calories.
Reading labels to find sugar.
Cut down on sugar in preparing dishes.
Use fresh fruits for desserts.
Choose fewer foods high in sugar—candies, baked goods, and sweet desserts.
Cut back on the number of soft drinks, colas, punches, and ades you drink.

Katie

Evelyn F. Crayton
Extension Foods & Nutrition Specialist
Expanded Food & Nutrition Education Program

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:

Sugar supplies energy (calories) but few nutrients.
Cutting back on added sugar will reduce calories.
Reading labels to find sugar.
Cut down on sugar in preparing dishes.
Use fresh fruits for desserts.
Choose fewer foods high in sugar—candies, baked goods, and sweet desserts.
Cut back on the number of soft drinks, colas, punches, and ades you drink.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.