



Sugar and Your Health

What is Sugar?

- Sugars are simple carbohydrates.
- Sugar supplies energy (calories) but few nutrients.

Names for Sugar Used in Foods

- Table sugar, or sucrose, is the most commonly used sugar.
- Corn-based sweeteners are also used in large amounts in food processing, or in processed foods.
- Check the labels on foods in your home and as you shop for food.



More Names of Sugars Used in Processed Foods.

sugar	sucrose	glucose	dextrose
lactose	maltose	fructose	sorbitol
honey	corn syrup	molasses	mannitol
maple syrup	high-fructose corn syrup		



Potential Health Problems from Eating Sugar

- People who eat a lot of foods with sugar may not be eating nutritious foods.
- People who eat a lot of foods with sugar may be eating too many calories that can lead to weight gain.
- Sugar can cause tooth decay.



Teaspoons of Sugar in Food

	0-1 tsp	1-2 tsp	2-3 tsp	3-4 tsp	5 tsp	9 tsp	12 tsp	14 tsp
Cheerios - 1 cup	x							
1 tsp jam or jelly	x							
Corn Flakes- 1 cup	x							
Honey Bunches of Oats- 1 cup		x						
Life- 1 cup		x						
Cap'n Crunch- 1 cup			x					
Frosted Flakes- 1 cup			x					
Golden Grahams- 1 cup			x					
Apple Jacks- 1 cup				x				
Coco Puffs- 1 cup				x				
Trix- 1 cup				x				
1 ounce chocolate bar					x			
1 sweet roll or iced donut					x			
12 ounces of cola						x		
12 ounces fruit drink or punch							x	
Fruit pie, 1/6 of 9-inch pie							x	
Cake, 2 layer with icing, 1/12 of cake								x