

# HOW MUCH SUGAR IS IN MY FOOD AND DRINKS?

In the past, our ancestors ate mostly foods that contained natural sources of sugars from fruits or milk. Today, almost all of our foods are processed and contain added sugars, because it is cheaper and more flavorful to add sugars.

Eating or drinking too much natural and added sugars is linked to chronic diseases such as diabetes, heart disease, hypertension, and obesity. It is also linked to dental caries.

Before eating a food or drinking a beverage, it is a good idea to check how much sugar is in the food beverage. Knowing how much sugar is in your food and beverage will help you make better choices.

**4 grams of sugar = 1 teaspoon**

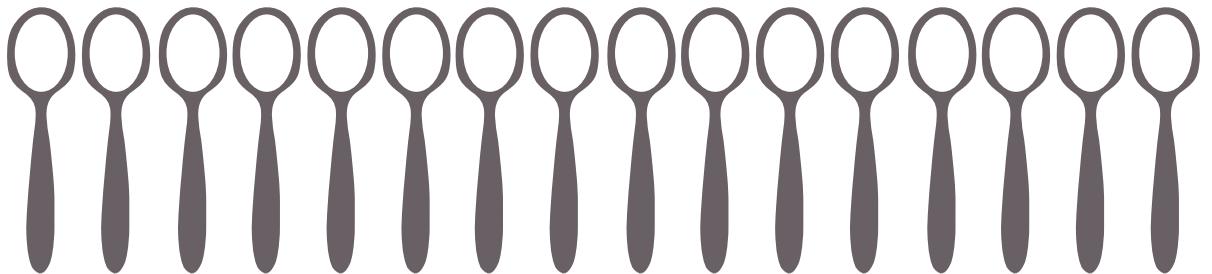


**How many teaspoons of sugar is in a 20 ounce soda?**



SODA

=



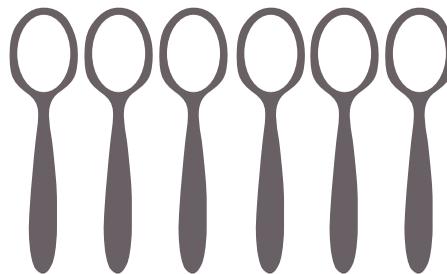
**64 grams of sugar / 4 grams of sugar =  
16 teaspoons of sugar**

20 ounce Soda



CEREAL

=



**24 grams of sugar / 4 grams of sugar =  
6 teaspoons of sugar**

16 ounce box of cereal

# HOW TO READ NUTRITION LABELS?

Foods and beverages contain added sugars and natural sugars. Natural sugars come from fruits and milk. Added sugars are found in foods and beverages that are processed. Examples of foods with added sugars are sodas, sports drinks, energy drinks, fruit drinks, candy, cakes, cookies, and ice cream.

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Serving Per Container About 4	
Amount Per Serving	
Calories 250g	Calories from Fat 130
% Daily Value	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet	
Ingredients: Filtered water, <b>corn syrup</b> , natural flavors, fruit extract, caffeine, <b>sugar</b> .	

Check the serving size.

Check how many servings there are.

Amount shown is for 1 serving.

Check how much sugar is in your food and drink.

## Types of ADDED SUGARS that are commonly listed in ingredients

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- lactose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g. peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar