



How Much Sugar Do You Eat? You May Be Surprised!



Added Sugars

Sugar is the most popular ingredient added to foods in the US. It is found in cakes, cookies, candy and other sweets. Sugar is also added to many processed foods like ketchup, crackers, bread, soups, cereals, peanut butter, cured meats and salad dressings. Most processed foods contain sugar. Reading food labels will help you find out how much sugar is in the foods you eat.

One teaspoon of white sugar has 15 calories and one teaspoon of corn syrup (a type of sugar) has 20 calories. Soft drinks are responsible for most of the added sugar in the average American diet. One can of soda contains about 11 teaspoons of sugar.

How Much Sugar?

Two hundred years ago, the average American ate only 2 pounds of sugar a year. In 1970, we ate 123 pounds of sugar per year. Today, the average American consumes almost 152 pounds of sugar in one year. This is equal to 3 pounds (or 6 cups) of sugar consumed in one week!

Nutritionists suggest that Americans should get only 10% of their calories from sugar. This equals 13.3 teaspoons of sugar per day (based on 2,000 calories per day). The current average is 42.5 teaspoons of sugar per day!

Names for Sugar

Sugar comes in different forms and a variety of names. All of the following sweeteners provide you with calories and all have little or no nutritional value (known as 'empty calories').



- Sugar
- Glucose
- Honey
- Sorghum syrup
- Lactose
- Fruit juice concentrate
- High-fructose corn syrup
- Dextrose
- Fructose
- Corn syrup
- Sorbitol
- Molasses
- Maltose
- Corn sweetener
- Sucrose
- Brown sugar
- Syrup



Why Eat Less Sugar?

A two ounce chocolate bar has 30 grams of sugar and the same calories as three medium bananas! The bananas are low in fat, high in vitamins and minerals and are fiber-rich. Bananas contain no sugar and will make you feel full longer than a candy bar.

About Fat-Free Snacks

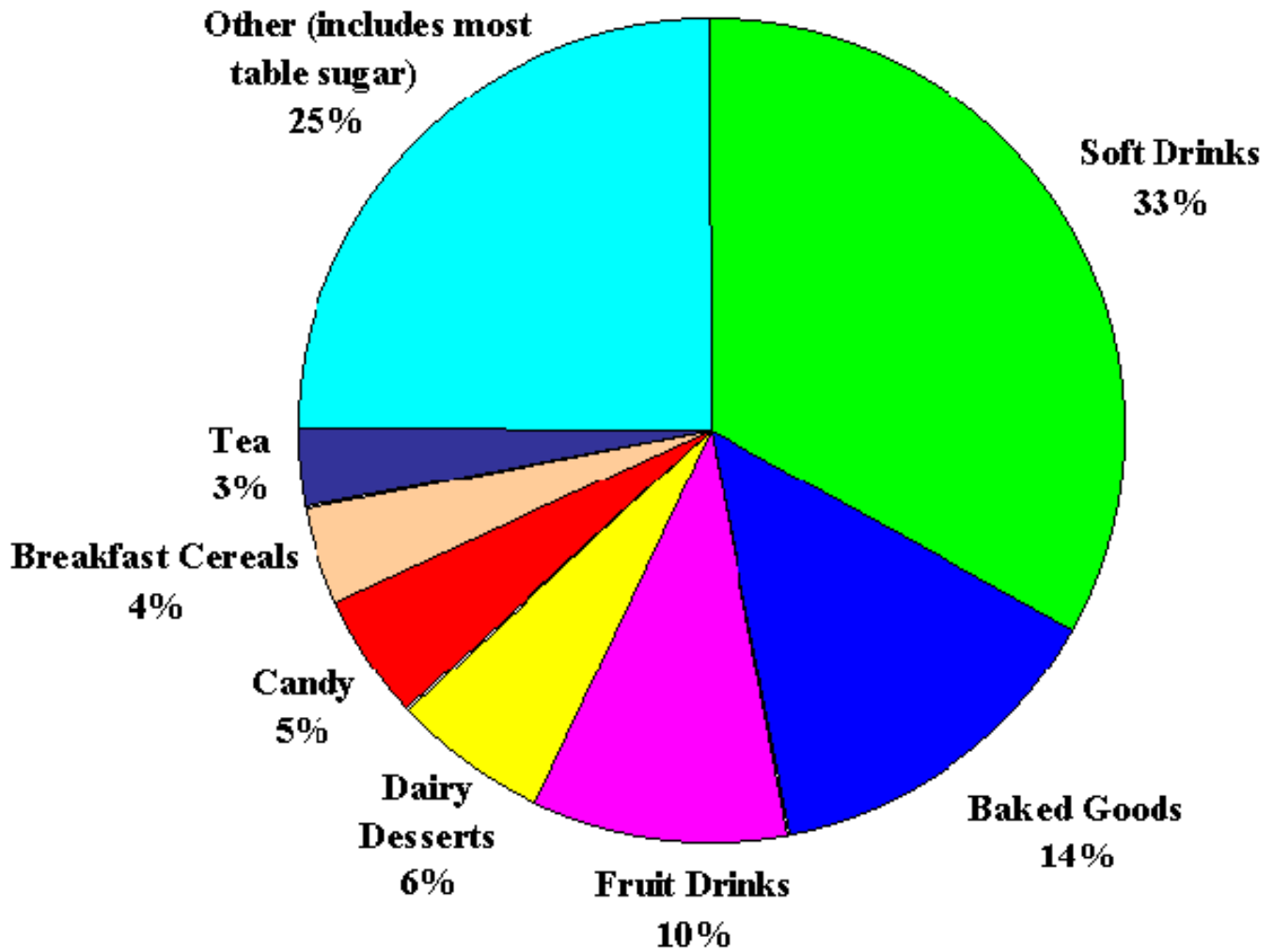
Fat-free cakes, cookies and ice cream may have as much or more added sugar than non-fat-free options. When fat is removed sugar is often added for flavor. These "fat-free" snacks can be high in calories. "Fat-free" on the package does NOT mean "calorie or sugar-free."

To Burn Off These Calories....	*Walk at a Brisk Pace (3-4 mph) for...
2 Tbsp. maple syrup - <u>111 calories</u>	25 minutes
1 (12 oz.) soda - <u>162 calories</u>	35 minutes
1 (1.5 oz. chocolate bar) - <u>230 calories</u> .	50 minutes
1 cup vanilla ice cream - <u>273 calories</u> ..	60 minutes
1 piece of apple pie - <u>340 calories</u>	75 minutes





*(Based on a 150-160 pound person. A lighter person will burn fewer calories, a heavier person will burn more calories)

Where Added Sugar Comes From



Healthier Alternatives to High Sugar Foods

Instead of . . .	Try . . .
Soda	<ul style="list-style-type: none"> • 100% fruit juice mixed with seltzer • Flavored seltzers • Plain seltzer • Diet soda
Candy bar 	<ul style="list-style-type: none"> • Fresh fruit • Dried fruit • Raw veggies (carrots, celery, broccoli, cauliflower, bell pepper, etc.) • Dry unsweetened cereal mixed with dried fruit • A bowl of cereal, milk and fruit
Cakes and pies 	<ul style="list-style-type: none"> • A piece of fruit • Fruit salad • Baked apple
Cookie	<ul style="list-style-type: none"> • Graham cracker, animal cracker or vanilla wafer • A crunchy fruit – e.g., an apple or a pear
Ice cream	<ul style="list-style-type: none"> • Frozen juice pops (100% juice) • Small serving of a low-cal ice cream topped with sliced berries • An ice cold smoothie made with yogurt and frozen berries
Sugared cereals	<ul style="list-style-type: none"> • Unsugared cereals with sliced berries or shredded apple