



Sugar Shock!

Different Types of Sugar

There is a difference between the sugars found in some foods naturally and the sugars added to foods.

- * Foods like fruit and milk contain natural sugars along with essential vitamins and minerals.
- * Food that have sugar added to them are considered processed and are often high in calories and low in nutrients.
- * For example, white milk contains natural sugars but also has calcium and protein. Chocolate milk has the same nutrients but over twice the amount of sugar.

How Much Sugar Are We Getting?

On average, children and adults get about 16% of their daily calories from added sugar.

- * This adds up to 20 teaspoons of sugar for adults and 13 teaspoons of sugar for children in just one day.
- * Think about all the additional nutrients we could get if the calories from added sugar were replaced with calories from vitamin-rich foods.

How Much Sugar Should Kids Be Getting?

Children should limit their daily sugar intake to 5-15% of their total calories.

- * For a child eating 1,300 calories a day, only 130 of those calories should come from sugar.
- * A good rule is to stick to one sweet a day.

Calories, Teaspoons, and Grams, Oh My!

Many different measurements are used to calculate daily sugar consumption. The table below shows how calories, teaspoons, and grams compare to each other based on recommended daily limits for men, women, and children.

What's the Big Deal?

- * Our bodies burn sugar very quickly. This is what causes a sudden burst of energy followed by a very long crash after a sugar binge.
- * With added sugar in food and drinks, you are getting fewer nutrients per amount of calories. This means foods with added sugar are less nutrient dense.
- * Eating more sugar increases the risk of cavities in both children and adults.
- * Drinks high in sugar have been proven to increase body weight.
- * Eating more sugar is connected to an increased risk of many diseases including diabetes, obesity, high blood pressure, and heart disease.

What Can We Do?

There are many small changes children and adults can make to limit daily sugar intake, including:

- * Choose skim or 1% milk instead of chocolate milk
- * Choose fresh fruit, canned fruit packed in water, or frozen fruit instead of canned fruit in heavy syrup
- * Pay close attention to cereal labels, as some cereals have more sugar than you think. Try to choose cereals that follow the 9-3-3 rule: 9 grams of sugar or less, at least 3 grams of fiber, and at least 3 grams of protein per serving.
- * Instead of drinking fruit juice, eat a piece of fruit. If you do drink juice, make sure it is 100% juice with no added sugar. Neither adults nor children should have more than 4-6 ounces of juice per day.
- * You can still "treat" yourself, just treat yourself well! When having higher calorie foods or drinks with more sugar, have smaller portions. For example, a 12 ounce can of soda has much less sugar than a 20 ounce bottle.

	Total Daily Calories	Calories from Sugar	Grams of Sugar	Teaspoons of Sugar
Children	1,300 calories	130 calories	33 grams	8 tsp
Adult Women	1,800 calories	100 calories	24 grams	6 tsp
Adult Men	2,000 calories	140 calories	36 grams	9 tsp