

How Much Sugar?

What foods have sugar?

- Milk
- Yogurt
- Ice cream
- Sweets/Candy
- Fruits
- Vegetables

Many parents focus just on fruits or fruit juice for their child's nutrition. Vegetables have considerably less sugar and all kinds of nutrients to help your kids grow! Both are important in a healthy diet.

What's the difference?

Simple carbohydrates or simple sugars – These carbohydrates are broken down and digested very quickly. Examples include table sugar, fruit juice, milk, yogurt, honey, molasses, maple syrup and brown sugar.

Complex carbohydrates – The complex carbohydrates take longer to digest and are packed with fiber, vitamins and minerals. Examples include vegetables, whole grain breads, oatmeal, legumes, brown rice and wheat pasta.

Types of Sugars

Sucrose (table sugar) is made from a low-sugar beet juice or sugar cane.

Other commonly used sugars include:

- **Fructose (fruit sugar)** is the naturally occurring sugar in all fruits. It is also called levulose, or fruit sugar. Honey is a combination of fructose, glucose, and water, which is produced by bees.
- **Corn syrup** and high fructose corn syrup are sugars made from corn. Corn syrup is often used in soft drinks, baked goods, and some canned products. It is a liquid and is made of maltose, glucose, and dextrose sugars.
- **Dextrose** is glucose combined with water.
- **Invert sugar** is a sugar that is made by dividing sucrose into its two parts: glucose and fructose. It is sweeter than sucrose and used in a liquid form, and it helps keep candies and baked items sweet.
- **Agave nectar** is a highly processed type of sugar from the *Agave tequiliana* (tequila) plant. It is mostly made up of glucose and fructose sugars. Agave nectar is about 1 1/2 times sweeter than regular sugar. It is often substituted for honey or sugar in recipes.
- **Glucose** is found in fruits in small amounts. It is also a syrup made from corn starch.
- **Lactose (milk sugar)** is the carbohydrate that is in milk. It is made up of glucose and galactose.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Sources: <http://www.nlm.nih.gov/medlineplus/ency/article/002444.htm> and Miller County Health Department A National Problem: Sugar Handout.

- **Maltose** (malt sugar) is produced during fermentation. It is found in beer and breads.
- **Maple sugar** comes from the sap of maple trees. It is made up of sucrose, fructose, and glucose.
- **Molasses** is taken from the residue of sugar cane processing.

Difference between sugar-free and no sugar added

- Sugar free contains less than 0.5g sugar.
- No sugar added has no sugar added during the processing of the food product. These products can still contain sugar!

Sugar-free does not always mean calorie free.

- Many sugar-free foods will still contain calories. Always check the labels to make the healthiest choices.

How to convert grams to teaspoons

1. Find grams of sugar on the nutrition label. For the label listed below the grams of sugar equals 48g.
2. Determine how many servings will be consumed. We will use 1 bottle which is the serving size for this product.
3. Divide the grams of sugar by 4 to convert grams to teaspoons.
 $48 / 4 = 12$ teaspoons

**This conversion can be used to convert grams of fat as well.

Nutrition Facts

Serving Size: 1 bottle 13.7 fl oz

Amount per Serving

Calories 280	Calories from Fat 45
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 280mg	12%
Total Carbohydrate 51g	17%
Dietary Fiber 0g	0%
Sugars 48g	
Protein 10g	20%

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