



## Common names:

Agave nectar, white sugar, brown sugar, cane sugar, corn sweetener, corn syrup, crystalline fructose, dextrose, evaporated cane juice, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, inverted sugar, lactose, maltose malt syrup, molasses, raw sugar, sucrose, sugar and syrup.

## What is sugar?

Sugar can be found naturally in whole foods which can provide other nutrients or other health benefits.

Sugar that is removed from whole foods such as sugar cane, beets, dates and corn can be used to add to other foods to improve flavor, act as an additive or perform functional means for baking or cooking in recipes.

Dietary Guidelines for Americans 2010

## What is the benefit of sugar?

The health benefit of simple sugar is the ability to raise blood sugar quickly in persons with diabetes in treating low blood sugars.

## Added sugar recommendations

**Intake per American Heart Association:**

**Females:** 100 calories per day  
(about 6 teaspoons or 24 grams of sugar)

**Males:** 150 calories per day  
(about 9 teaspoons or 36 grams of sugar)

**World Health Organization:**

**Children:** 80 calories per day  
(about 5 teaspoons or 20 grams of sugar)

## What happens if I get too much?

- Increases your risk for developing Type II Diabetes due to an increased risk of excess calories leading to overweight,
- People with diabetes may present with poor blood sugar control,
- Displacement of needed nutrients, vitamins and minerals,
- Poor nutrition
- May lower immune function,
- Weight gain
- Increased triglycerides
- Tooth decay

## Tips

- Read labels and choose items with 7g of sugar or less as indicated on Food Label guide.
- Choose whole fruits instead of 100% fruit juice.
- Read the list of ingredients to assess whether the above names of sugars are listed within the first five ingredients
- Choose foods high in dietary fiber of at least 3g or more per serving.
- Select less processed foods with added sugars

<http://www.mayoclinic.com/health/added-sugar/my00845>

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/added-sugar-on-labels/>