



The University of Georgia

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Natural sugar is in fruit, vegetables and dairy products, but most sugar is added during food processing, preparation, and at the table.

How Much Sugar is Too Much Sugar?



People consume too much sugar. When was the last time you drank that soda or sports drink instead of water? Well, even though people may think of sugar as white crystals used in baking, tea, and lemonade, sugar lurks in unexpected places. Excessive sugar intake can result in excessive calorie intake and weight gain!

You and Sugar!

Sugar comes in many forms and names. Take a look at the list below so you know what to look for when trying to limit sugar.

The University of Georgia Cooperative Extension

Different Types of Sugars

Contact your local office at

High fructose corn syrup
Corn syrup
Malt syrup
Maple syrup
Cane sugar

White sugar
Brown sugar
Honey
Molasses
Liquid fructose

Fructose
Anhydrous dextrose
Crystal dextrose
Dextrose
Caramel

What are Added Sugars?



- Added sugars are those sugars added to a product during processing or preparation. They are not like the naturally occurring sugars in fruits, vegetables, and milk.
- Soft drinks, sports drinks and energy drinks are the main sources of added sugars.

Common Sugar Myths

1. Carbohydrates and sugar are different.

- Carbohydrates are both sugars and starches.
- When eating any carbohydrate, our body breaks it down into a sugar called glucose. This is why people with diabetes need to pay attention to the total carbohydrate content in food, not just sugar.

2. People with diabetes cannot consume any sugar.

- Not true, in fact, people with diabetes can eat a limited amount of sugar as long as it replaces other sources of carbohydrate in meals or snacks.

3. Brown sugar is better for you than white sugar.

- Brown sugar and white sugar have about the same amount of carbohydrate and calorie content.
- According the Academy of Nutrition and Dietetics:
 - ⇒ 1 tablespoon of packed brown sugar has 52 calories and 13 grams of carbohydrate
 - ⇒ 1 tablespoon of white or granulated sugar has 48 calories and 13 grams of carbohydrate

4. Sugar causes hyperactivity.

- There is no conclusive evidence that shows sugar causes increased hyperactivity.
- It is often the event associated with the intake of sugar that increases children's excitement.

5. Zero sugar/no added sugar must mean there isn't any sugar in the food.

- Legally manufacturers can put "Zero Sugar" or "No Added Sugar" on their products if there is less than 0.5 grams of added sugar per serving.
- This does not mean the product is free of

List Continues On Next Page

Common Sugar Myths Busted

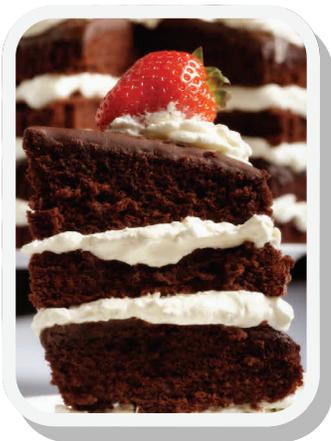


carbohydrate or natural sugar.

- Look at the serving size and the total carbohydrate to know how much a food contains.
- Remember, any carbohydrate from sugar or starch can raise a person's blood sugar.

6. Honey, cane sugar and agave sugar are natural so they are better for you.

- Your body does not know whether a sugar is natural or not. It is still sugar and it provides plenty of concentrated carbohydrate and calories. The small amount of nutrients that may be in these sugars are not enough to justify choosing them over other sugars.



Sweets Are OK In Moderation!!

Each gram of sugar has 4 empty calories.
A teaspoon of sugar has 16 empty calories.
A cup of sugar has 762 empty calories.



Ways to Cut Back on Sugar

- **Get 40-60% of your calories from carbohydrate, mainly from vegetables, fruits and whole grains.**

The American Heart Association recommends per day:

- **No more than 100 calories or 6 teaspoons of added sugars for women.**
- **No more than 150 calories or 9 teaspoons of added sugars for men.**

1. Drink water instead of sugary drinks.
2. If having juice, drink small amounts of 100% fruit juice.
3. Pick canned fruits packed in juice or water, not syrup.
4. Eat fresh fruit instead of high fat, sugary foods like cookies, cake, and ice cream.
5. If sugar is one of the first ingredients in a food, choose something else.
6. When baking, use 1/4 to 1/3 less sugar than called for in the recipe.
7. Try sugar substitutes.
8. Enhance food with spices such as cinnamon or nutmeg instead of sugar.
9. Fiber is the only carbohydrate that will not increase the blood sugar and is nearly calorie free. Consume 25-35 grams per day.



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