BE SUGAR WISE

Many Americans consume too many empty calories from refined carbohydrate sources such as sugar-sweetened beverages. Beverages do provide needed hydration, but most also contribute excess calories. Here’s how to spot the amount of added sugar in your food or beverage.

CHECK THE INGREDIENT LIST FOR ADDED SUGAR

Sugar takes many forms, and if the ingredient list includes any of these words, you can be sure there is added sugar in your food or beverage.

- Agave nectar
- Barley malt
- Brown sugar
- Cane juice
- Corn sweetener
- Corn syrup
- Dextrin
- Dextrose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Saccharose
- Sorghum
- Sucrose
- Sugar
- Syrup
- Treacle
- Turbinado sugar
- Xylose

CALCULATE THE SUGAR CONTENT

Be sure to check the Serving Size and do the math. A seemingly single-serve package may contain more than one serving. Make sure to multiply the teaspoons of sugar per serving by the number of servings you will consume when calculating sugar content.

- 4 grams = 1 teaspoon
- 11 grams/4 = 2.75 teaspoon/serving
- 2.75 teaspoons x 3 servings = 8.25 teaspoons per package

Sugars listed on current labels include both added and naturally occurring sugars. Newly proposed changes to the nutrition facts panel include a dedicated line for added sugar only.