

NUTRITION TO GO

THE SCOOP ON NATURAL VS ADDED SUGAR

There are two types of sugar: natural and added. Let's get the scoop on these two types of sugar.

What is Natural Sugar?

Natural sugar is the sugar found in fruit and dairy products. The **fruit** sugar is called **fructose** and the **dairy** sugar is called **lactose**. Fruit and dairy products are important to have in a healthy diet. The natural sugars in these foods are healthy for your body.

Fruit and 100% Fruit Juice



Milk and Dairy Products



Did you know?



4 grams of sugar = 1 teaspoon of sugar
(or 1 sugar packet)

To lower your chance of chronic diseases like type 2 diabetes and heart disease, try to limit the added sugar you eat and drink.

- For men, try to have 9 teaspoons or less each day.
- For women, try to have 6 teaspoons or less each day.

What is Added Sugar?

Added sugar is sugar or any type of sweetener that is added to foods and drinks. It is added when the foods and drinks are made. For example, sugar is added to desserts and other sweets, breads, cereals, energy bars, ketchup, salad dressing and pasta sauces. Below are other common names for sugar found on ingredient lists. Try to avoid these added sugars:

- | | |
|---------------------------------|--------------------------------------|
| Anhydrous dextrose | Invert sugar |
| Brown sugar | Lactose |
| Cane juice | Liquid fructose |
| Confectioner's sugar | Malt syrup |
| Corn sweetener | Maltose |
| Corn syrup | Molasses |
| Crystal dextrose | Nectars (e.g., peach or pear nectar) |
| Dextrose | Raw sugar |
| Evaporated corn sweetener | Sucrose |
| Fructose | Sugar can juice |
| Fruit nectar | Trehalose |
| Glucose | Turbinado sugar |
| High-fructose corn syrup (HFCS) | White granulated sugar |

Reading the Nutrition Facts Label

How much natural vs added sugar is in this low-fat flavored milk?

How to find sugar on the label:

- 1 On the Nutrition Facts label look for "Added Sugar."
- 2 Find the **grams of added sugar** in one serving, (next to "Added Sugars"). There are **32 grams of added sugar** in one serving of this low-fat flavored milk.
- 3 Look at the % Daily Value (%DV) next to "Added Sugar." **Choose foods LOW in Added Sugars. Look for a %DV closer to 5% or less on the Nutrition Facts label. This food item is high in added sugar because the %DV is above 20%.**
- 4 Check the **ingredients list** for added sugar (see ingredients on page 1).
- 5 Use the label to **calculate the amount of natural sugar** from the milk (lactose) by subtracting added sugar from total sugar:

$$\begin{aligned} \text{Total Sugar} - \text{Added Sugar} &= \text{Natural Sugar} \\ 52 \text{ grams Total Sugar} - 32 \text{ grams Added Sugar} \\ &= \mathbf{20 \text{ grams Natural Sugar}} \end{aligned}$$

Nutrition Facts	
1 servings per container	
Serving size	12 fl oz
Amount Per Serving	
Calories	320
	<small>% Daily Value*</small>
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 50g	20%
Dietary Fiber 1g	4%
Total Sugars 52g	
Includes 32g Added Sugars	64%
Protein 17g	34%
Vitamin D 5mcg	45%
Calcium 780mg	60%
Iron 0.72mg	4%
Potassium 940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: low fat milk, nonfat milk, liquid sugar (sugar, water), less than 1% of cocoa (processed with alkali), carrageenan, guar gum, salt, potassium chloride, natural flavor, vitamin A palmitate, Vitamin D.