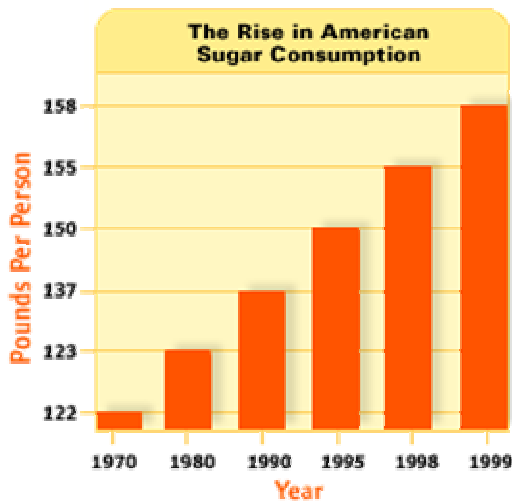




## Spotting Sugar 101: Added Sugars

Including refined sugar, high fructose corn syrup and artificial sweeteners, the average American wolfs down 142 pounds a year, or roughly 2 ½ pounds a week. That is up 23 percent in the last 25 years, and is a major factor in soaring rates of obesity and diabetes.



The **Nutrition Facts Label** lists how many grams of sugar each food product contains, but this amount includes sugars that are naturally present in foods (fruits, milk) and sugars added to food during processing or preparation. To find out if your food or beverage item has added sugars, you also need to look at the food label **ingredient list**.

Names of added sugars to look for on the ingredient list include: **brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, sugar, syrup.**

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- cakes
- cookies
- pies
- grain products such as sweet rolls & cinnamon toast
- candy
- fruit drinks such as fruitades & fruit punch
- milk-based desserts and products such as ice cream, sweetened yogurt & sweetened milk

This information retrieved August 6, 2007 from [http://www.mypyramid.gov/pyramid/discretionary\\_calories\\_sugars.html](http://www.mypyramid.gov/pyramid/discretionary_calories_sugars.html),  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/chapter8.html>,  
<http://www.mavoclinic.com/health/food-labels/DA00129>, <http://www.cbsnews.com/stories/2007/06/17/sunday/main2939873.shtml>