

How Much Sugar Is in the Foods You Eat?

The *tradeoffs** below are equations that show approximately how much sugar is added to some popular foods. Foods on each side of the equation provide about the same amount of nutrients.

For example, milk- and grain-based desserts provide the same nutrients as the enriched flour or milk from which they are made, but they also have much more sugar and fat.

Sugary foods

- 1 tsp jam or jelly = 1 tsp sugar, syrup or molasses
- 1 oz chocolate bar = 2 tsp fat + 5 tsp sugar
- 12 oz fruit drink, fruitade or punch = 12 tsp sugar
- 12 oz cola = 9 tsp sugar

Effects of food form and preparation

- ½ cup frozen sweetened fruit cup fruit = ½ cup unsweetened fruit + 6 tsp sugar
- ½ cup fruit, canned in heavy syrup = ½ cup unsweetened fruit + 4 tsp sugar
- ½ cup fruit, canned in light syrup = ½ cup unsweetened fruit + 2 tsp sugar
- 8 oz low-fat vanilla yogurt = 8 oz low-fat milk + 7 tsp sugar

Desserts

- ½ cup ice cream = ⅓ cup skim milk + 2 tsp fat + 3 tsp sugar
- ½ cup ice milk = ⅓ cup skim milk + 1 tsp fat + 3 tsp sugar
- ½ cup low-fat frozen yogurt = ⅓ cup skim milk + 4 tsp sugar
- ⅙ of white layer cake with chocolate frosting = 1 slice bread + 3 tsp fat + 6 tsp sugar
- 2 oatmeal cookies = 1 slice bread + 1 tsp fat + 1 tsp sugar
- ⅙ of 9-inch apple pie = 2 slices bread + ⅓ medium apple + 3 tsp fat + 6 tsp sugar

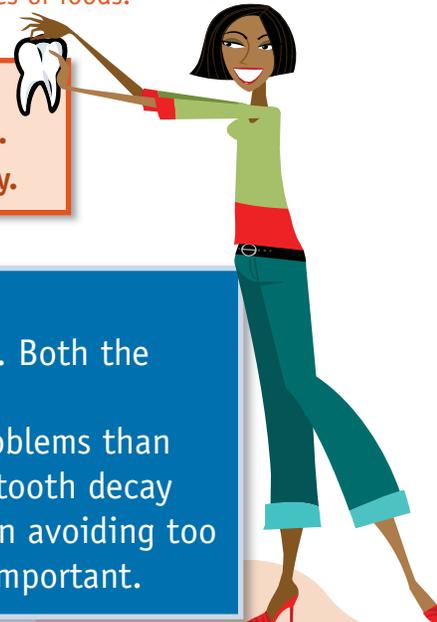


**Tradeoffs* are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

Sugar

Don't use too much sugar:

- Eating less sugar may help keep weight down.
- Sugary foods and drink may cause tooth decay.



The major problem related to eating too much sugar is tooth decay. Tooth decay, however, is more than a matter of **HOW MUCH** sugar you eat. Both the **FORM** in which you eat sugar and **HOW OFTEN** you eat it are important. Sticky or chewy sugary foods that stay on the teeth longer cause more problems than other sweets. Sugary foods eaten between meals are more likely to cause tooth decay than those eaten only at mealtime. Maintaining healthy teeth is more than avoiding too much sugar. Use of fluoridated water and careful dental hygiene are also important.

Where Are the Added Sugars?



Milk, yogurt and cheese	
Food groups	Added sugars (teaspoons)*
Milk, plain, 1 cup	0
Chocolate milk, 2%, 1 cup	3
Low-fat yogurt, plain 8 oz	0
Low-fat yogurt, flavored, 8 oz	5
Low-fat yogurt, fruit, 8 oz	7
Ice cream, ice milk or frozen yogurt, 1/2 cup	3
Chocolate shake, 10 fl oz	9



Bread, cereal, rice and pasta	
Food groups	Added sugars (teaspoons)*
Bread, 1 slice	0
Muffin, 1 medium	1
Cookies, 2 medium	1
Danish pastry, 1 medium	1
Doughnut, 1 medium	2
Ready-to-eat cereal, sweetened, 1oz*	1
Pound cake, no-fat, 1 oz	2
Angelfood cake, 1/12 tube cake	5
Cake, frosted, 1/16 average	6
Pie, fruit, 2 crust, 1/8 8-inch pie	6

Fruit	
Food groups	Added sugars (teaspoons)*
Fruit, canned in juice, 1/2 cup	0
Fruit, canned in light syrup, 1/2 cup	2
Fruit, canned in heavy syrup, 1/2 cup	4



Other	
Food groups	Added sugars (teaspoons)*
Sugar, jam or jelly, 1 tsp	0
Syrup or honey, 1 tbs	1
Chocolate bar, 1 oz	1
Fruit sorbet, 1/2 cup	1
Gelatin dessert, 1/2 cup	2
Sherbet, 1/2 cup	1
Cola, 12 oz	2
Fruit drink/ade, 12 oz	5

What's Sugar?



Sugars include:

- White sugar
- Raw sugar
- Brown sugar
- Corn syrup
- Honey
- Molasses

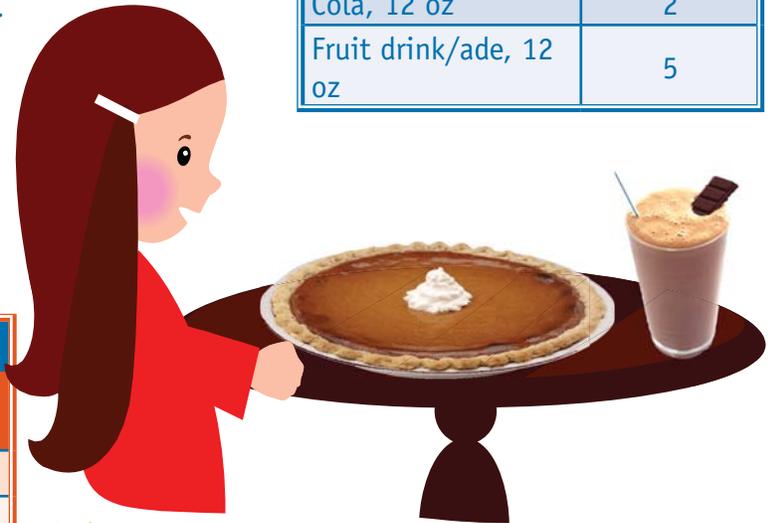
All of these supply calories and little else.

Added sugar

Sugar is added to many foods. Here are some examples:

Milk, yogurt and cheese	
Food	teaspoons of sugar added
Cookies, 2 medium	1
Sugar, jam, jelly, 1tsp	1
Donut, 1 medium	2
Fruit, canned in light syrup, 1/2 cup	2
Chocolate milk, 2%, 1 cup	3
Chocolate bar, 1 oz	3
Low-fat yogurt, flavored, 8 oz	5
Sherbet, 1/2 cup	5
Chocolate shake, 10 oz	9
Cola, 12 oz	9
Fruit drink, fruitade, 12 oz	12

Note: 4 grams of sugar = 1 teaspoon
*Check product label.



Author:
Denise Holston, MS, LDN, RD
Beth Reames, PhD, LDN, RD, Specialist (Nutrition)

Visit our Web site: www.lsuagcenter.com

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director
Pub. 3037 (20M) 1/08

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com