

Sugar Shockers

EAT AND DRINK LESS SUGAR

BY: GRACE SIGGERS

Americans consume an average of 22-28 teaspoons of added sugar each day. Added sugars don't occur naturally in food the way fructose (naturally occurring sugar found in fruit) does – they add calories but are often missing extra nutrients.

When reading the nutrition facts labels on foods in your supermarket, it's no surprise that you find plenty of sugar in most of the products.

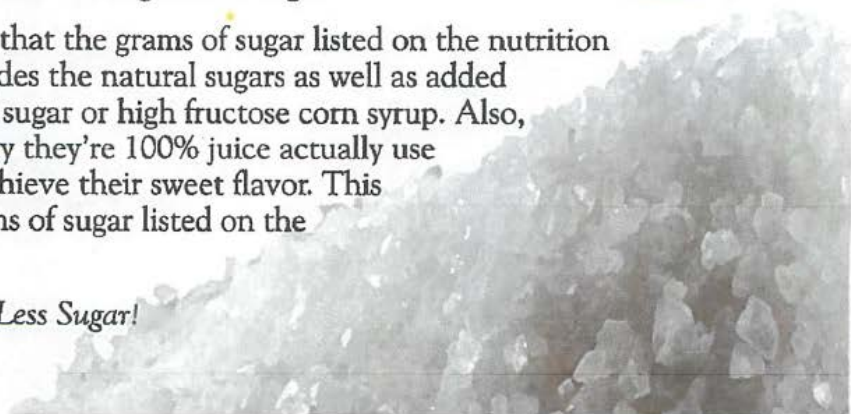
To help you select which products are high in sugar, examine the nutrition information labels to check the sugar content.

Just because there's a nutrition-oriented statement on the package such as "contains whole grain," "excellent source of calcium," "fat free," "100% juice," or "25% less sugar," it doesn't mean the product doesn't contain a shocking amount of sugar. And, just because the brand name or product name sounds like it's good for weight loss, don't assume the food is low in sugar.

So exactly how much is a gram of sugar? "One" teaspoon of granulated sugar equals "four" grams of sugar.

Keep in mind, though, that the grams of sugar listed on the nutrition information label includes the natural sugars as well as added sweeteners like refined sugar or high fructose corn syrup. Also, many beverages that say they're 100% juice actually use juice concentrate to achieve their sweet flavor. This also reflects in the grams of sugar listed on the label.

So, Let's Eat and Drink Less Sugar!



Choose
to eat
less sugar

FOLLOW THESE TIPS

1

Add less sugar to foods and beverages, like cereal or coffee.



2

Choose foods that are naturally sweet, like fruit or dairy products. These foods provide nutrients that benefit your body.



3
















Sodas, sports drinks, energy drinks, bottled teas, coffees and juices are loaded with sugar. Choose water, milk, and unsweetened beverages more often and limit 100% fruit juice to one serving a day.



WATCH WHAT YOU DRINK!
Drink water instead of sugary drinks








SUGAR SHOCKER FOODS

GRAMS OF SUGAR

	FLAVORED YOGURT 6 oz. strawberry 170 calories	26
	OAT BRAN CEREAL 1 cup 270 calories	20
	INSTANT OATMEAL 1 packet maple brown sugar 43 grams 160 calories	13
	BAKED BEANS 1/2 cup 130 g 140 calories	12
	TOMATO SOUP 1 cup prepared 90 calories	12
	SPAGHETTI RINGS 1 cup 170 calories	11
	FRENCH DRESSING 2 Tbsp. creamy 160 calories	11
	CEREAL BAR 1 mixed berry bar 37 g 120 calories	11
	GRANOLA 1/2 cup 48 g 200 calories	10
	KETCHUP 2 Tbsp. 34 g 40 calories	8
	SPAGHETTI SAUCE 1/2 cup 125 g 80 calories	7
	CHEWY GRANOLA BAR 1 bar 24 g 100 calories	7
	FROZEN PIZZA 1/5 supreme pizza 130 g 300 calories	5
	PEANUT BUTTER 2 Tbsp. creamy 190 calories	3
	FROZEN WAFFLES 2 buttermilk waffles 190 calories	2

SUGAR SHOCKER DRINKS

GRAMS OF SUGAR

	COLA WITH ICE 44 oz. cup 510 calories 38 oz. cola, 6 oz. ice	128
	ORANGE SODA 20 oz. bottle 325 calories	85
	100% JUICE SMOOTHIE 15.2 oz. bottle 300 calories	60
	ENERGY DRINK 15 oz. can 200 calories	54
	SPORTS DRINK 20 oz. glass 125 calories	35
	100% ORANGE JUICE 8 oz 110 calories	21
	SKIM MILK 8 oz 90 calories	12

One sugar cube = 2 grams of sugar

NOTE: Nutrition information based on typical values for food & drinks shown and may vary by brand or manufacturer