Added Sugars

Naturally Occurring Sugars
Sugar that are naturally occurring in food.

Look for these common forms of added sugar on an ingredient list!
Ingredients: High Fructose Corn Syrup, Sugar (white, brown, turbinado, raw, etc.), corn sweetener, corn syrup, honey, glucose, corn syrup solids, invert sugar, lactose, malt syrup, maltose, fructose, sucrose, maple syrup, molasses.

Added Sugars
Sugar that are added to foods during processing, preparation, or at the table.

Recommended Intake of Added Sugars

LESS THAN 10% of total calories!
On a 2,000 calorie eating pattern, this would be
12 teaspoons = 50 grams

Common Sources of Added Sugars

1. Sugar-sweetened beverages
2. Snacks and sweets
3. Grain-based snacks and desserts
4. Sweetened dairy products
5. Condiments

Choices to reduce your intake of added sugars:

Instead of:
- Soda or fruit flavored drinks
- Ice Cream
- Sugar Sweetened Cereals
- Flavored Milk

Choose:
- Water or 100% fruit juice
- Frozen 100% fruit bars
- Oatmeal with fruit
- Unflavored low-fat milk
- Oil and Lemon Juice

Sources: USDA 2015-2020 Dietary Guidelines for Americans; Food and Nutrition Service, Team Nutrition
Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.