



The Scoop on Sugar

The major sources of added sugars in American diets are sugary beverages, desserts, sweet snacks, sweetened coffee, sweetened tea and candy. Today, Americans are eating and drinking a lot of added sugars. Did you know that consuming too much sugar can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease? To live healthier, longer lives, we need to eat better, including consuming fewer added sugars!

There are **two** types of sugars in foods: naturally occurring sugars and added sugars.

1. **Naturally occurring sugars** are found naturally in foods such as fruit (fructose) and milk (lactose).
2. **Added sugars** include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as putting sugar in your coffee or adding sugar to your cereal). Added sugars (or added sweeteners) can include natural sugars such as white sugar, brown sugar and honey, as well as other caloric sweeteners that are chemically manufactured (such as high fructose corn syrup).

How do you find added sugars in food?

- Read the Nutrition Facts on the food label to understand how much added sugar is in a food.
- **Total sugars** include both added sugars and natural sugars.
- **Added sugars** are the ones you want to limit.
- **Naturally occurring sugars** are found in milk (lactose) and fruit (fructose). Any product that contains milk (such as yogurt, milk or cream) or fruit (fresh, dried) contains some natural sugars



Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
* 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.	

For items such as granulated or powdered sugar, maple syrup or honey that are sold as separate food products, only total sugars may be listed. However, you need to be aware those are 100% added sugars.

If there is no Nutrition Facts label on a prepared food in the grocery store or restaurant, some ingredients on the package or menu will tell you that the product contains added sugars using a different name.

- Names for added sugars on nutrition labels: brown sugar, corn sweetener, corn syrup, fruit juice concentrates, high-fructose corn syrup, honey, invert sugar, malt sugar, molasses, raw sugar, sugar, sugar molecules ends in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose), syrup

On some food products, you may see claims related to sugars. Common terms and what they mean:

- **Sugar-Free** – less than 0.5 g of sugar per serving; contains no ingredient that is a sugar
- **Reduced Sugar or Less Sugar** – at least 25 percent less sugars per serving compared to a standard serving size of the traditional variety
- **No Added Sugars or Without Added Sugars** – no sugars or sugar-containing ingredient is added during processing
- **Low Sugar** – not defined or allowed as a claim on food labels

For simple, healthy, and delicious recipes, visit [nutrition.gov/recipes](https://www.nutrition.gov/recipes)

Fun and Easy Recipes to Try

Banana Berry Muffins

Try these kid-friendly delicious moist muffins that have a fruity flavor for breakfast or for a quick snack.

Source: USDA - Nutrition.gov

Yield: 12

Ingredients:

Nonstick cooking spray
1/4 cup low or no sugar free applesauce
1/4 cup sugar
1 large egg
2 large bananas (ripe, mashed)
2 tablespoons water
1/4 cup flour (all-purpose)
1/4 cup whole wheat flour
1/4 cup oats (quick cooking)
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup blueberry (or strawberries, fresh or frozen)



Directions:

1. Preheat oven to 350 °F. Spray a 12-cup muffin pan with non-stick cooking spray.
2. In a medium-sized bowl, combine applesauce, sugar, dried egg mix, banana, and water. Mix well.
3. In a large bowl mix all of the flours, oats, baking powder, baking soda, and salt.
4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until the batter is moist.
5. Gently add berries into the mixture.
6. Fill each muffin cup about 3/4 full of batter.
7. Bake for 25-30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Eagle Nest Snack

Enjoy making this healthy, fun, and easy after-school snack using peaches, cottage cheese, and raisins.

Source: USDA - MyPlate

Yield: 1 serving burritos

Prep time: 5 minutes

Ingredients:

1 medium peach (canned, halved (2 peach halves))
2 tablespoons cottage cheese (low-fat)
1/2 tablespoon raisins (about 6 raisins)

Directions:

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

