

# WHAT'S THE DEAL WITH ADDED SUGAR?

The average child, age 6-17 years old, consumes almost **70 pounds of added sugar each year.** Soft drinks are the biggest source of added sugar in the American diet.<sup>1</sup>

## Did you know?

**Naturally occurring sugars** are found in healthy foods like fruit and milk.

**Added sugars**, on the other hand, are sugars added during processing, preparation, or at the table. Added sugars have zero nutrients for your health, and consuming too much added sugar is linked to many lifelong health issues, like heart disease and diabetes.

Added sugars are found in up to 74% of packaged foods.<sup>2</sup> However, added sugars go by many names and can be difficult to spot. To avoid consuming too much added sugar, read nutrition labels carefully. Avoid foods with any of the following sugar “aliases” as one of the first few ingredients.

## A food contains added sugar if you see any of these words in the ingredient list:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

For more information on the effects of added sugar, visit [www.sugarscience.org](http://www.sugarscience.org).

continued



<sup>1</sup> Welsh JA, Sharma AJ, Grellinger L, Vos MB. Consumption of added sugars is decreasing in the United States. *Am J Clin Nutr* 2011;ajcn.018366  
<sup>2</sup> Ng, S.W., Slining, M.M., & Popkin, B.M. (2012). Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009. *Journal of the Academy of Nutrition and Dietetics*, 112(11), 1828-1834.e1821-1826.

# HOW MUCH SUGAR IS OKAY?

## The American Heart Association (AHA) recommendations

Most American women should consume no more than **6 teaspoons of added sugars per day** (equal to 25 grams or 100 calories).

Most American men should consume no more than **9 teaspoons of added sugars per day** (equal to 38 grams or 150 calories).

Although the AHA has not released formal recommendations for limiting added sugar for children, since children's calories needs are generally less than adults, it's safe to assume that children should take in even less added sugar each day than adults.