Sugar: A few things we think you'd like to know about

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Established in 1943, our members are U.S. sugar beet and cane growers, processors and refiners.



The Sugar Association is the scientific voice of the U.S. sugar industry. We make a difference by responsibly supporting scientific research and sharing our knowledge to enhance consumer understanding and confidence in the role that real sugar plays in a nutritious, balanced and enjoyable diet.



Sugar is recognized as a positive part of a balanced diet and aids in the enjoyment of a wide range of foods.



For Today:

- 1. Sugar Basics
- 2. Consumption Trends
- 3. Sugar and Nutrition Policy
- 4. Sugar and Health
- 5. **Resources**



What is sugar?





sugar is a product - f. photosynthesis





Where does sugar come from?



Sugar Beet

Root crop

Flourish in cooler climates

Weigh 3-5 pounds when harvested

Much larger than the beets you find at the grocery store, in backyard gardens

~16% sucrose

Sugar Cane

Tropical grass Grows 10-20 feet high Perennial plant 10-12 months from harvest to harvest



USDA Food Composition Database

Sugar is grown and/or refined in **17 states** in the U.S.

Sugar in the U.S.



Sugar is a minimally processed ingredient







White sugar is bleached.

FACT

Sugar is naturally white. It is simply removed from the sugar beet or sugar cane plants and washed to remove the naturally present molasses and other plant materials. The same pure sugar found in the plant is what ends up in your pantry. The sugar juice extracted from the plant is filtered to remove the non-sugar plant materials like soil and plant fibers and then crystallized. The crystals go through a few cycles of washing and spinning in a centrifuge to remove the naturally present brown molasses, resulting in white sugar.





There are so many types of sugar



A variety of types of sugar can be produced with slight adjustments in the process



Factors that determine sugar type: Crystal size Level of molasses



sizes produce unique functional characteristics

Granulated sugar vs. powdered sugar



Brown sugar vs. Turbinado











MYTH

"Raw" sugar is healthier than table sugar.

FACT

All sugar is the same: one part fructose and one part glucose, a simple sugar that provides energy to your brain and other organs.



Your body handles sugar the same regardless of what color it comes in. Raw sugars, brown sugars and any white sugars are all processed the same in the body. Darker colors are due to varying but small amounts of molasses left on the sugar crystals. The nutrients that are contained in this amount of molasses are so small that they offer no real nutritional value.

Glucose, which makes up half of each sugar molecule, is a key fuel source for the body and essential to the function of the brain, muscle and other organs.



How much sugar are we eating?



Important definitions

Total sugars

Includes the total of both naturally occurring sugars and added sugars in a product

Added sugars

Includes caloric sweeteners that are:

- added to foods and beverages during preparation or processing, or are packaged as such
- Free mono- and disaccharides
- Sugars from syrups and honey
- Sugars from concentrated fruit or vegetable juice in excess of what would be expected from the same volume of 100% fruit or vegetable juice of the same type.

Sugars

Refers to a broad category of all mono- and disaccharides (the simplest carbohydrates). Sugar can be found naturally occurring, can be extracted from plants and dairy and added to foods; or they can be made using various plant or dairy ingredients as a starting point

Sugar

Refers only to sucrose (a disaccharide) that is naturally made and found in all green plants. **Sugar** found in the food supply is harvested from sugar beets and sugar cane.





Added Sugars Definition

Includes sugars that are either added during processing of foods, or are packaged as such, and includes:

-syrups	-honey
-brown sugar	-molasses
-high fructose	-sucrose
corn syrup	-lactose
-invert sugar	-maltose sugar
-maltose	-concentrated
-trehalose	fruit juice*

*Sugars from concentrated fruit or vegetable juices in excess of what would be expected from 100 percent fruit or vegetable juice. Excludes fruit or vegetable juice concentrated from 100 percent fruit juice that is sold to consumers (e.g., frozen concentrated orange juice).

Trends in added sugars consumption



Welsh, et al. AJCN 2011, USDA WWEIA 2011-2018, 2015 DGAC 2013-2014

USDA data show that added sugars intake decreased more than **30% from** 2000 to 2018.

DECREASE IN DAILY ADDED SUGARS CONSUMPTION





USDA ARS Food Pattern Equivalents Database, updated 2021; USDA WWEIA.

U.S. per capita caloric sweetener availability, 1970-2021



Economic Research Service **U.S. DEPARTMENT OF AGRICULTURE**



Notes: **Corn sweeteners** include high-fructose corn syrup, glucose syrup, and dextrose. **Edible syrups** include sorgo (sweet sorghum), maple and sugarcane syrup, edible molasses, and edible refiners syrup. Source: USDA, Economic Research Service, Food Availability (Per Capita) Data System data product.



Added sugars in the context of the total diet



USDA ERS Food Availability; USDA ERS Sugar and Sweeteners Yearbook; Bentley, USDA ERS 2017



USDA ARS Food Pattern Equivalents Database, updated 2021; U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition.

Sugar önd the diet.



Sugar's role in a balanced diet



Nutrient Delivery

Effective tool to promote the consumption of nutrient-dense food and beverages



Function

Helps with viscosity, texture, body, color and browning capability



Naturally Occurring Preservative

Inhibits bacterial growth to extend the shelf life of food



Palatability

Sweetness improves the taste and flavor profile of acidic, sour and spicy foods



Energy

Sugar is a carbohydrate that provides energy for the body when you need it



"A healthy dietary pattern limits added sugars to less than 10 percent of calories per day. Added sugars can help with preservation; contribute to functional attributes such as viscosity, texture, body, color, and browning capability, and/or help improve the palatability of some nutrient-dense foods. In fact, the nutrientdense choices included in the Healthy U.S.-Style Dietary Pattern are based on availability in the U.S. food supply and include 17-50 calories from added sugars, or 1.5-2 percent of total calories."

Dietary Guidelines for Americans, 2020–2025[,]

Sugar's functional roles in food beyond sweetness

		FLAVOR ENHANCER/ BALANCER, AROMA	BULK	TEXTURE/ MOUTHFEEL	SHELF-LIFE/ MICROBIAL STABILITY	FERMENTATION	FREEZING POINT DEPRESSION	COLOR	MOISTURE RETENTION
Dairy Products		•		•		•			
Whole-Grain, Fiber-Rich Breads & Cereals	۲				•	•			•
Breads	-	•		•	•	•		•	•
Bakery Products	80			•	•				•
Salad Dressings, Rubs and Sauces		•		•	•				
Preserves & Pickling		1. 1			•				
Jams & Jellies	Ō	•		•	•			•	
Canned Fruits & Vegetables		1.0	•		•				
Prepared Foods		•		•	•			•	•
Beverages				•	•				
Frozen Beverages	*	•		•					
Fermented Beverages	20					٠			
Ice Cream		•		•					
Confectionery		۲	•		۲			•	•



When sugar is removed, new ingredients need to take it's place.

There is no substitute for sugar.



MYTH

"Reduced sugar" always means reduced calories.

FACT

When sugar is removed from a food, there are new ingredients that need to take its place. Because of the many functional roles sugar can play in a product, reducing sugar in a food product often isn't as simple as just cutting the sugar in the recipe. For example, sugar may be added to a cereal to mask the bitter taste of fiber or added vitamins, increase bulk and lengthen the shelf life. Several ingredients will need to be added to replace all of those functions if you take the sugar out.



sugar.org

Nutrition Facts

About 13 servings per co Serving size	ntainer 2 tbsp (32g)
Amount Per Serving	190
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 150mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added	Sugars 6%
Protein 7g	
Vitamin D Omcg	0%
Calcium Omg	0%
Iron 0.4mg	2%
Potassium 94mg	2%
Vitamin A Omcg	0%

Original Peanut Butter



Reduced Sugar Peanut Butter



Despite the "1/3 Less Sugar" claim, Calories have increased by 20

Nutrition Facts

Amount Per Serving	-
Calories 🤇	210
%	Daily value*
Total Fat 17g	22%
Saturated Fat 4g	20%
<i>Trans</i> Fat Og	
Cholesterol Omg	0%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Su	igars 4%
Protein 7g	7%
Vitamin D. Omco	0%
Calcium Omo	0%
Iron 0.4mg	2%
Potassium 94mg	2%
Vitamin E 3mg	20%
Niacin 3.2mg	20%
Copper Omg	

* 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.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily cliet. 2,000 calories a day is used for general nutrition advice.

0%

10%

20%

Vitamin C Omg

Niacin 3.2mg

Copper Omg

Vitamin E 1.5mg

Sugar and Nutrition Policy



Dietary Guidelines: History of Sugars Recommendations

1980 Avoid too much sugar

- 1985 Avoid too much sugar
- 1990 Use sugars only in moderation
- 1995 Choose a diet moderate in sugars
- 2000 Choose beverages and foods to moderate your intake of sugars
- 2005 No specific sugars guideline
- **2010** Reduce intake of calories from added sugars

2015 Limit calories from added sugars to <10%
2020 Less than 10% of calories from added sugars for
2yrs+ Avoid added sugars <2yrs

*10% of calories = 200 calories or 50 grams or 12 tsp based on a 2000 calorie diet. *Note:* There are 15 calories in 1 teaspoon of sugar.



1992 Food Guide PyramidFood Guide Pyramid

A Guide to Daily Food Choices

Bread Group Servings	8
Fruit Group Servings	2
Vegetable Group Servings	4
Meat Group	6 ounces
Milk Group Servings	2-3*
Total fat (grams)*	65
Total added sugars (teaspoons) ⁴⁰	10

* Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

* Values for total fat and added sugars include fat and added sugars that are in food choices from the five major food groups as well as fat and added sugars from foods in the Fats, Oils, and Sweets group.

Note that the Nutrition Facts panel on food labels lists values for "total sugars," not added sugars. Total sugars include both the sugars that occur naturally in fruits, vegetables, and milk and refined sugars that are added in processing, such as the sugar added to fruit canned in heavy syrup. The Dietary Guidelines suggest using added sugars in moderation because they contribute calories but few nutrients to diets.

0-11

Servings

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services



Dietary Recommendations

Added sugars intake can be presented in teaspoons (tsp), grams (g), calories (kcals) or % of total calories. The 2015 Dietary Guidelines for Americans recommends daily intake of added sugars make up no more than 10% of total calories. In a 2,000 calorie diet, this translates to: 12 tsp, 50 g, 200 kcals, 10% of total calories.



Total Calories Per Day

Rationale for 10%

of calories are needed per day to meet food group recommendations healthfully, in nutrient-dense forms

85%



of remaining calories are available for other uses (including added sugars and saturated fat)

15%



Dietary Guidelines | Why 10%?

Added sugars include syrups and other caloric sweeteners. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients.

Consumption of added sugars can make it difficult for individuals to meet their nutrient needs while staying within calorie limits.

The recommendation to limit added sugars to no more than 10 percent of calories is a target that applies to all calorie levels to help individuals move toward healthy eating patterns within calorie limits.



The U.S. Food & Drug Administration's Nutrition Facts Label

Ovining LL shall	New Label		
Original Label			 Released May 20, 2016 Implemented in 2020
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8	Nutrition Fact 8 servings per container Serving size 2/3 cup (5	ts	 Based on the 2015 Dietary Guidelines
Amount Per Serving		og/	
Calories 230 Calories from Fat 72	Amount per serving		
% Daily Value*	Calories 23	0	
Total Fat 8g 12%	W Belly Ve		
Saturated Fat 1g 5%	% Daily Va		
Trans Fat 0g	Optimized Eat 1	50	Daily Value of 10%
Cholesterol Omg 0%	Saturated Fat 1g	5%	based on EOg (adults)
Sodium 160mg 7 %	Trans Fat 0g		based on SUg (adults)
Total Carbohydrate 37g 12%	Cholesterol Omg	0%	and 25g (children <4yrs)
Dietary Fiber 4g 16%	Sodium 160mg	7%	<5% = "I O\W"
Sugars 1g	Total Carbohydrate 37g	3%	
Protein 3g	Dietary Fiber 4g	14%	>20% = "HIGH"
Vitamin A 10%	Total Sugars 12g		
Vitamin C 8%	Includes 10g Added Sugars 2	20%	
Calcium 20%	Protein 3g		
Iron 45%		10.0	
* Percent Daily Values are based on a 2,000 calorie diet.	Vitamin D 2mcg	10%	
Your daily value may be higher or lower depending on	Calcium 260mg	20%	 Serving size for sugar
Calories: 2,000 2,500	Iron 8mg	45%	was also increased from
Total Fat Less than 65g 80g Sat Fat Less than 20g 25g	Potassium 235mg	6%	
Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 250 300	* The % Daily Value (DV) tells you how much a nutrie a serving of food contributes to a daily diet. 2,000 ca a day is used for general nutrition advice.	ent in alories	(8 grams) to 2 tsp (8 grams)

"THE" RATIONALE for FDA's added sugars declaration

We (FDA) are proposing mandatory declaration of added sugars on all foods because of:

- the variability in ingredients used,
- the need for consumers to have a consistent basis on which to compare products,
- the need for consumers to identify the presence or absence of added sugars, and
- when added sugars are present, the need for consumers to identify the amount of added sugars added to the food.
- The mandatory declaration of added sugars may also prompt product reformulation of foods high in added sugars like what was seen when trans fat labeling was mandated.





Sugar and hevith





Obesity Data -- Centers for Disease Control and Prevention/HHS.

Note: Official obesity data available only for years shown.

Exhibit 12: US Per Capita Consumption of Soft Drinks (Gallons)



Effect of fructose-containing sugars on Metabolic Disease Risk Factors: 2021 Evidence Summary



Substitution Trials - Energy Matched

Energy from sugars is substituted for other sources of energy in the habitual diet. (energy-matched conditions where total energy intakes remain the same)

NO EFFECT on:

- Body weight¹
- Blood cholesterol (LDL-C, apolipoprotein B, non-HDL-C, HDL-C)²
- Triglycerides (fasting and postprandial)^{2,3}
- Fasting blood glucose⁴
- Insulin sensitivity (HOMA-IR) or fasting blood insulin⁴
- Systolic blood pressure⁵
- Uric acid⁶
- Markers of non-alcoholic fatty liver disease (liver fat, liver enzymes)⁷

DECREASE in:

- Glycated blood proteins, like HbA1c (improved blood glucose control)⁴
- Diastolic blood pressure, mean arterial pressure⁵



Addition Trials - Excess Energy

Energy from sugars is added to the diet (the effect of **excess energy** where the intervention is providing calories in addition to the habitual diet)

NO EFFECT on:

- Blood cholesterol (LDL-C, non-HDL-C, HDL-C)²
- Blood glucose control (glycated blood proteins, like HbA1c) 4
- Fasting blood insulin⁴
- Mean arterial pressure⁵

INCREASE in:

- Body weight¹
- Fasting apolipoprotein B²
- Triglycerides (fasting, postprandial)^{2,3}
- Fasting blood glucose*
- Insulin sensitivity (HOMA-IR)⁴
- Uric acid⁶
- Markers of non-alcoholic fatty liver disease (liver fat, liver enzymes)⁷

Summary of systematic reviews by University of Toronto (2022)

Key takeaways from all reviews:

- I. Any adverse effect of fructose-containing sugars appears highly dependent on whether sugars are a source of excess energy.
- 2. When fructose-containing sugars are consumed in energy-matched conditions there are no harmful effects on key risk factors of major chronic diseases.

Considerations

- Overall, there were over 50 trials providing data on over 1,000 participants, which included populations of various health status. No differences were found in effects between health status types. Follow-up duration of interventions ranged from 1-52 weeks. Some analyses are limited by small sample sizes, short follow-up, and low-quality of included trials. Analyses on markers of blood glucose control were all conducted in individuals with Type 1 and Type 2 diabetes.
- Substitution trials: The majority of studies tested fructose-containing sugars at doses between 22-213 grams/day
 (equivalent to 5-53 tsp, 5-33% Energy).
- Addition trials: The majority of studies tested fructose-containing sugars as excess energy (predominantly using sugars-sweetened beverages as the source) at high doses, between 153-210 grams/day (equivalent to 38-55 tsp, 24-44% excess Energy), with some trials providing up to 300 grams/day (equivalent to 75 tsp, 55% excess Energy).

References:

- 1. Sievenpiper et al. Ann Intern Med 2012;156:291-304
- 2. 2. Chiavaroli et al. JAHA 2015;4:e001700
- 3. 3. Wang et al. Atherosclerosis 2014;232:125-133
- 4. 4. Cozma et al. Diabetes Care 2012;35:1611-20
- 5. Ha et al. Hypertension 2012;59:787-95
- 6 .Wang et al. J Nutr 2012;142:916-23)
- 7. Chiu et al. Eur J Clin Nutr. 2014;68:416-423

New Systematic Review and Meta-Analysis

A 2023 systematic review and meta-analysis (SRMA) conducted by researchers from the University of Toronto reviewed evidence from controlled feeding trials on the effect of different food sources of fructose-containing sugars on body weight and other measures of adiposity.



- 1. Researchers concluded that "energy control and food sources mediate the effect of fructose-containing sugars on adiposity".
- 2.Findings differed depending on whether sugars-containing foods or beverages were consumed on top of the regular diet (i.e. providing **excess energy**) or whether sources of sugars were swapped for other foods with no change to energy intake (i.e. **energy matched conditions**).
- 3.Food source also mattered excess energy from SSBs increased adiposity, whereas most other food sources had no effect, and some showed decreases, such as fruits.



Chiavaroli L., et al. Important food sources of fructose-containing sugars and adiposity: A systematic review and meta-analysis of controlled feeding trials. AJCN, 2023, 117(4):741-765

Bottom Line:

Sugar is a source of calories seen as easy to cut

"....placing the blame on sugar consumption lacks persuasive evidence and is misguided. Although calories from sugar have been shown to increase weight in a hypercaloric diet and decrease weight in a hypocaloric diet, when consumption is corrected for energy intake, sugar has no effect on body weight. *If there are any adverse effects of sugar, they are due entirely to the calories it provides, and it is therefore indistinguishable from any other caloric food*. Excess total energy consumption seems far more likely to be the cause of obesity and diabetes."

Kahn and Sievenpiper, Diabetes Care, 2014



Sugar and Health: What the scientific evidence shows

A healthy lifestyle based on moderation, a variety of food choices and physical activity tends to lead to the best outcomes

Adverse outcomes from sugar intake are not found when sugar is consumed in moderation and as part of a diet where calories are not eaten in excess.

The majority of research suggesting an adverse effect of sugar has involved excessive caloric intake, couple with very high intakes of added sugars.

To simplify:

by practicing moderation and portion control, there is room to include an appropriate amount of sugar in a healthful diet



Anderson et al, Int J Epidemiol 2017; Khan et al, Eur J Nutr 2016; Jebb, Proc Nutr Soc 2015; Marriott et al, Crit Rev Food Sci Nutr 2010; Sacks et al, NEJM 2009; Sievenpiper, Can J Diabetes 2016

CONSUMERS INCREASINGLY WANT TO KNOW HOW MUCH SUGAR THEY CAN HAVE IN A BALANCED DIET.



of consumers say it is important to know the guidelines for sugar intake (up from 75% in 2021)

THE DIETARY GUIDELINES ALLOW FOR 12 TEASPOONS OR 50 GRAMS A DAY FROM ADDED SUGARS.



Yet 3 in 4 consumers think the limit is 40 grams per day or less

After learning the actual recommendation:



of consumers are more confident sugar can be 71% part of a balanced diet (up from 42% in 2021)



March 2023 SAI Consumer Benchmark Survey

Balance Campaign









A balanced diet is a healthy diet.

Response dy without services, "existences," and is an experience compared to a heating blocky. Taking a inducers in payments in without pays of physical relating reading services and according weything as remove and tays for a finally of the physical taxing a decision and payment the Delever (build be not be and of an existence) and of a decision and a service of the physical constraints.



Balance Landing Page and Infograph



How many added sugars are in that

Added sugars are easy to find on nutrition facts labels. The amount in each serving is listed in grams (g) along with the % Daily Value (the percentage that each serving contributes to your daily recommended intake of various nutrients). Below are some common foods you might consume on any given day and their contribution to daily added sugars intake.

Dietary Guidelines for Americans recommendations allow for 50 grams of added sugars per day in a healthy dietary pattern.*

	Grams	% Daily Value
Breakfast		
Oatmeal (2 teaspoons brown sugar)	8g	16%
Honey Nut Cheerios Cereal (1 cup)	12g	24%
Lunch		
Turkey sandwich with whole grain bread	6g	12%
Salad with vinaigrette dressing (2 tablespoons)	3g	6%
Dinner		
Spaghetti and meatballs (1/2 cup sauce)	3g	6%
Barbecue chicken (2 tablespoons sauce)	4g	8%
Snacks		
Crunchy Granola bar (1 bar)	6g	12%
Apple slices and peanut butter (2 tablespoons)	2g	4%
Yogurt (5.3 ounces)	9g	18%



2476 0 0% • Citicium 10% - Iron 0% - Potassium 4%



preservation or balancing sour or bitter

https://www.sugar.org/diet/sugar-in-balance/

More to Come on the Balance Initiative





Sound Bites Podcast for 1.25 CEUs









NATIONAL REAL SUGAR DAY

OCTOBER 14





Educational Materials





SWEETENERS you might find in your food 2020-2025 Dietary Guidelines for Americans & Sugar CALORIC Brown Rice Syrup Fruit Juice Concentrate High Fructose Corn Syrup (HFCS) Sugar Agave Coconut Sugar Date Sugar Dextrose Honey Maltodextri Source: Sugar beet and SOURCE: source: Fruit varieties Com Com or When Making Sense of ADDED SUGARS Ided sugars? on the New Nutrition Facts Label touspoon 21 teaspoon 16 toospoon 15 Colories per 11 Colories per 16 GI: moderate GE low Git high GI: low GI: low GI: high SWEETNESS COMPARED TO SUGAR 30-40% sweeter 30% less sweet Equal sweetne 25% less sweet After sugar beet The leaves of the plant are cut and Rice dextrin is Made from sap of Made from Dextrose is most powdering dried dates. Commercial and sugar cane produced by the coconut blossom. Sop is commonly produces > Limit added sugars to less than 10 percent plants are rushed to extract loving the from constarch. of the fi of calories per day starting at age 2 BREAKING DOWN THE SUGARS harvested, sugar is the sap. The sap is hemicellulose collected and varieties may have though starch can removed from the filtered, heated and protein and lipid boiled down to a a flowing agent added flike oat come from any kind >When added sugars in foods and TERMINOLOGY plant through treated ractions from the thick syrup, cooled of plant. The process beverages exceed 10 percent of calories. enzymatically to brown rice. The rice into blocks and flour) to help reduce clumping. involved enzy crushing, cutting crushing, cutting and boiling. It is then filtered, washed and crystalized to convert the fructans (not very sweet) to fructose and glucose. dextrin then goes through further steps to convert broken into granulated sugar breakdown of the starch polymers to a healthy dietary pattern within calorie limits is difficult to achieve. single glucose unites which is similar to how our bodies > Avoid foods and beverages with added polysaccharides to Looks a lot like brown sugar but cannot simply replace brown oduce the sugar predominantly sugars for those younger than age 2 Considered a partially refined breakdown starch. nonosaccharides. FACTS ABOUT SUGAR INTAKE sugar and is similar in color, flavor and in color, flavor and sweetness as brown sugar. May retain a small amount of replace brown sugar in recipes as it does not dissolve in water or melt, and therefore does not A mild-flavored Most commonly used in beer making. sweetener, als known as a maltose-based In the past **15 years**, added sugars intake in the United States micronutrients. sweetener or rice malt syrup. has decreased by nearly 25%, from 21 teaspoon equivalents per incorporate well into motures. day to 16,1 teaspoon equivalents per day. SUGAR AND THE DIET SOURCES OF ADDED SUGARS⁴ across all age groups (older than 2 years), making up almost half of added sugars 1% Some specific examples of FDA's definition of added sugars include sugars intakes, there has recently been a 8% significant decline in calorically sweetened beverage consumption since 1999.3 1% 47% In 2016, added sugars was reported Beverages patiest arturned 276 Atab 6% to be about 12.6% of total calories. just slightly above the 2015-2020 Condiments, Gravies, Spread Solid Dressing 25% 11% Store **Dietary Guidelines for Americans** 2% recommendation of 10% of calories 39% from added sugars per day.1.2.4 PERCENT OF CALORIES FROM ADDED SUGARS % OF CALORIES FROM ADDED SUGARS 1999-2000 Added sugars are found in a variety 2003-2004 of foods and beverages for different 14.5 reasons, many times for functions 2007-2008 14.6 beyond sweetness. 2009-2010 2011-2012 2013-2014 13.4 BREAKING DOWN THE NUMBERS SUGAR SERVING SIZE 2 teaspoor in a serv According to the 2015-2020 Dietary 30 8 -Guidelines for Americans,4 a healthy diet HONEY includes up to 10% of calories from added calories in a serving grams in a se Suga sugars, allowing room for sugars in nutritious 15 foods and occasional sweets and treats. In a 4 4 2000 calorie diet this equates to 200 calories, calories per grar 50 grams, or 12.5 teaspoons

Nutrition Facts

(140g)

170

Daily Value*

Real

e plants.

10% 15%

6 servings per containe

Serving size

Calories

Saturated Fat 3g Trans Fat 0g

Sodium 5mg Total Carbohydrate 22g

Includes 8g Added Sugars

Dietary Fiber 2g Total Sugars 16g

The % Daily Value (DV) tell ring of food contributes to a daily diet. 2,000 calories a is used for general nutrition advice.

in 2a

Cholesterol 0mg

Total Fat 8g

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