

What about sugar substitutes?

- ◇ Sugar substitutes do NOT necessarily cause you to lose weight. For “health” reasons, there are many choices available in liquid and solid.

Are honey and brown sugar more nutritious than table sugar?

- ◇ Sugar is sugar. Syrups, molasses, and honey all have the same number of calories, ounce for ounce as sugar. Brown sugar is sugar crystals flavored with molasses.

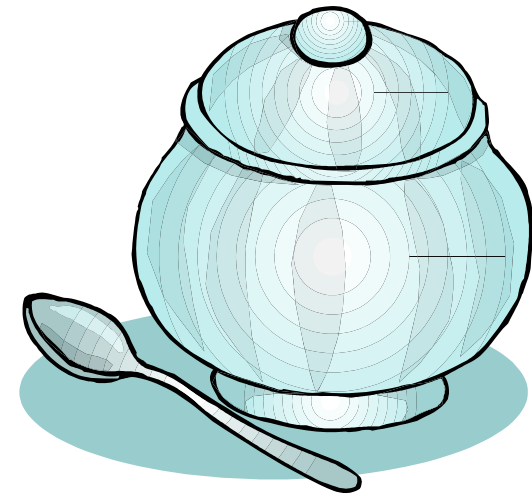
How is sugar produced?

- ◇ Sucrose is a highly refined product separated from the stalk of sugar cane or the root of the sugar beet.

How much sugar do we eat?

- ◇ Current figures show that Americans eat over 130 pounds of caloric sweeteners per person per year.

The “Sweet Truth” about Sugar



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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

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Look for healthy recipes and more at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

Choose beverages and foods to moderate your intake of sugars.

(Dietary guidelines 2000)

Types of Sugar

Naturally occurring sugar - those present in foods as eaten that also supply other nutrients. Examples are:

- ☉ Milk
- ☉ Fruit
- ☉ Cereals
- ☉ Grains
- ☉ Bread
- ☉ Some Vegetables



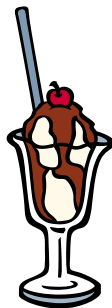
Added (hidden) sugars - sugars added to foods in processing or preparation. Major sources of added sugars:



- ☉ Soda or pop
- ☉ Candy
- ☉ Sweets
- ☉ Cake
- ☉ Cookies
- ☉ Fruits Drinks

Names for added sugars

- ☉ brown sugar
- ☉ corn syrup
- ☉ dextrose
- ☉ fructose
- ☉ glucose
- ☉ syrup
- ☉ honey
- ☉ lactose
- ☉ maltose
- ☉ molasses
- ☉ sucrose
- ☉ table sugar



SUGAR IS SUGAR - a simple carbohydrate the body converts in the cells and uses for energy.

Health Issues Associated with Sugar

- ◇ Consuming excess sugar may contribute to weight gain or lower consumption of more nutritious foods. Sugar is related to obesity because it provides NO nutrients other than carbohydrates.
- ◇ Drink water or low-fat milk in place of soft drinks or other sweets to insure adequate intake of nutrients.
- ◇ Exposing baby's teeth to sugars in sweet drinks during sleep can cause baby bottle tooth decay.
- ◇ DO NOT feed honey or honey grahams to baby in first year.
- ◇ To lose weight, reduce TOTAL calories and increase physical activity.

Tips for Reducing Sugar Intake

- ◇ Gradually reduce sugar until decreases by 1/3 or more in recipes.
- ◇ Experiment with spices for flavor.
- ◇ Use fresh fruit for desserts or canned fruit in light syrup, water, or juice.
- ◇ Buy unsweetened cereals.
- ◇ Try half the amount of table sugar you usually use, then cut back even more.
- ◇ Blenderize fresh fruit in place of jams and jellies.
- ◇ Don't use sweets as rewards or bribes.