

TIPS TO REDUCE SUGAR IN THE DIET

WHY WORRY ABOUT SUGAR?

Claims have been made that eating too much sugar increases the risk of obesity, diabetes, and dental caries (cavities), and may cause behavioral problems like hyperactivity. However, the only health problem directly linked to sugar is tooth decay.

WHAT IS SUGAR?

Sugars are a simple form of carbohydrate found in at least 21 different forms. Sugars are widespread in nature, occurring in fruits, vegetables, nectar, honey, legumes, cereals and milk. Sugar is often added to foods. These added sweeteners such as sucrose and corn syrups provide most of the sugar in the average diet. You are probably most familiar with sucrose, white table sugar.

Sugar is a source of calories and carbohydrates but contains few other nutrients. A diet with large amounts of added sugar should be avoided because it may keep you from eating more nutritious foods. This is especially true for people with low calorie needs; persons on weight reducing diets, and the elderly.

HOW MUCH SUGAR IS IN THE FOODS YOU EAT?

The trade-offs below are equations that show approximately how much sugar is added to some popular foods. Foods on each side of the equation provide about the same amount of nutrients. For example, milk and grain based desserts provide the same nutrients as the enriched flour or milk from which they are made, but they also provide much more sugar and fat.

Effects of food form and preparation:

½ cup frozen sweetened fruit	= ½ cup unsweetened fruit + 6 tsp sugar
½ cup fruit, canned in heavy syrup	= ½ cup unsweetened fruit + 4 tsp sugar
½ cup fruit, canned in light syrup	= ½ cup unsweetened fruit + 2 tsp sugar
8 ounces lowfat vanilla yogurt	= 8 ounces lowfat milk + 4 tsp sugar
8 ounces lowfat fruit yogurt	= 8 ounces lowfat milk + 7 tsp sugar
½ cup of ice cream	= 1/3 cup skim milk + 2 tsp fat + 3 tsp sugar
½ cup ice milk	= 1/3 cup skim milk + 1 tsp fat + 3 tsp sugar
½ cup low fat frozen yogurt	= 1/3 cup skim milk + 4 tsp sugar
1/16 of white layer cake with chocolate frosting	= 1 slice of bread + 3 tsp fat + 6 tsp sugar icing
2 oatmeal cookies	= 1 slice of bread + 1/3 tsp fat + 1 tsp sugar
1/6 of 9" apple pie	= 1 slice of bread + 1/3 medium apple + 3 tsp fat + 6 tsp sugar