

NUTRIGRAM

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How Much Sugar Are You Eating?

There are different kinds of sugars in foods. Some healthy, natural foods, like fruit, contain natural sugars. Other less healthy and processed foods and beverages that kids like very much, such as candy and soda, contain added sugars. Because these kinds of foods and beverages taste good, kids need to watch out for them. They do not have many nutrients and are a source of “empty calories.” This means that they don’t contain the vitamins and minerals your body needs to grow properly and do the things you want it to do like play sports, dance or focus in school. High sugar foods can also cause cavities. It is always important to remember that foods with naturally occurring sugars affect your body in a better way than foods with added sugars because they come as part of a “whole food” package, which includes fiber and other nutrients.

How Can I Measure Sugar?

Did you know that one teaspoon (tsp) of sugar is about 15 calories? A heaping teaspoon (when sugar spills a little over the top) and a sugar cube are each about 25 calories. One cup of sugar is about 770 calories.

How Much Sugar Is In the Foods I Eat?

1 cup Frosted Flakes Cereal	4 tsp added sugar
1 Snickers Bar	8 tsp added sugar
1 Classic Cinnabon Cinnamon Roll	15 tsp added sugar
1 cup Cheerios Cereal	2 tsp added sugar
1 Apple	2 tsp natural sugar
1/2 cup Carrots	1 tsp natural sugar
1 Red Pepper	1 tsp natural sugar
Beverages:	
12-ounce Can of Soda	10 tsp added sugar
8 oz Snapple Iced Tea (Lemon)	7 tsp added sugar
1 cup Skim Milk	5 tsp natural sugar

What Does This Mean?

Eating too much sugar is a growing problem, so try to be aware of how much added sugar you take in each day. The average American eats 20 teaspoons of added sugar a day, in addition to the natural sugars they might be eating. When you want something sweet, try fresh fruit. It is delicious and packed with good-for-you nutrients.

Prepared by Susan Cooper, Dietetic Intern



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