

SUGAR — KNOW THE FACTS

What is Sugar?

Sugar, along with starch, is a carbohydrate. Carbohydrate is one of the three nutrients that provide calories or energy from the food we eat. Protein and fat are the other two nutrients that provide calories. Our body needs all three of these nutrients, as well as vitamins and minerals, for energy, growth, and good health.

Sugar occurs in different forms, but it's all sugar!

1. White granulated sugar (table sugar)
2. Brown sugar, molasses
3. Honey, corn syrup, and table syrups
4. Powdered sugar
5. Corn sweeteners, fructose, and maltose, often found in manufactured foods.
6. Glucose is the sugar found in our blood. Sometimes it is found in foods or beverages and labeled as dextrose.

Do We Consume Too Much Sugar?

Food intake studies show that the average American consumes about 130 lbs of sugar per year. This means if you eat as much sugar as the "average" American, you are eating about 3/4 cup of sugar per day. Many people actually eat more than this, while others eat less, depending on their food choices. It is thought by many health authorities that we would all benefit from a reduced sugar intake.

Sugar and Our Health

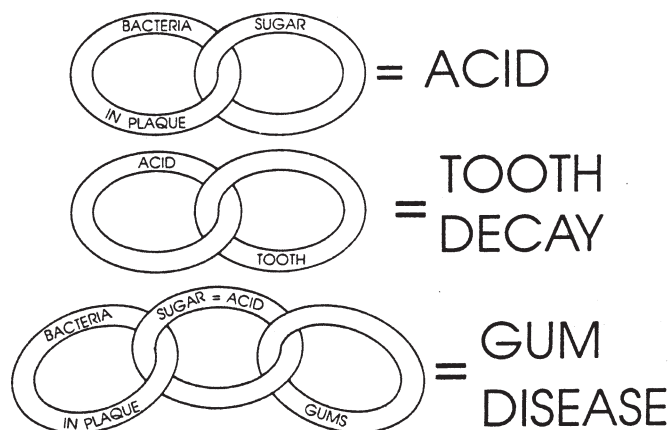
Sugar has been blamed for many problems

such as diabetes, heart disease, mental problems, crime, hypoglycemia (low blood sugar), and hyperactivity. But there is no scientific proof that sugar causes any of these problems.

What we do know is that sugar gives calories - 45 calories per tablespoon. If we eat too many calories and do not get additional exercise, the extra calories will be stored as fat. So if you eat too much sugar, it may cause you to gain extra body fat. An excessive gain in body fat is called "obesity." Being obese (overfat) may increase your chances of getting high blood pressure, heart disease, stroke, diabetes, and back problems, as well as several other diseases.

Sugar and Tooth Decay

It is also a proven fact that sugar can cause tooth decay. Look at this diagram to see how.



The problem of sugar and tooth decay is not simply the amount of sugar eaten, but rather the length of time it stays in the mouth. Also, the frequency of sugar intake is very important. Damage to the teeth occurs within the first 15 to 20 minutes after sweets are eaten.

Steps You Can Take to Prevent the Dental Problems Caused By Sugar:

1. Decrease the amount of sugar eaten.
2. Eat sweets in liquid form rather than in sticky form.
3. Eat sugar less often. Read labels of prepared foods to see if they contain any type of sugar. If the name of a sugar appears near the beginning of the ingredient list, the food contains a lot more than if the sugar is listed last.
4. Decrease the frequency of eating sugar. Each time sugar is eaten, acid is formed once again. It is better to eat sweets with a meal or all at once rather than many times during the day.
5. Brush your teeth or rinse your mouth immediately after eating.



Brush regularly to prevent decay.

It's Your Decision!!

It is not necessary for everyone to completely omit sugar from his or her diet. Some people are not consuming too much, while others are. Everyone should take a look at his/her own eating habits and decide if it is necessary to reduce sugar intake.

To see how much sugar you are eating, write down what you ate yesterday on the enclosed form "Yesterday I Ate...". Compare with the following list "Sugar Content of Foods." Count the number of foods you ate which contained extra sugar. To help you decide if you need to reduce your sugar intake, here are three questions you can ask yourself:

1. Is my sugar intake partly responsible for my weight problem?
2. Is my sugar intake causing my teeth to decay?
3. Is my sugar intake crowding out other foods and preventing me from having good nutrition?

SUGAR CONTENT OF FOODS

Food	Portion Size	Approximate Sugar Content (tsp)
Beverages		
Cola drinks	12 oz	9
Ginger ale	12 oz	7
Orangeade	8 oz	5
Root Beer	10 oz	4 1/2
Seven-Up	12 oz	9
Soda pop	8 oz	5
Sweet cider	1 cup (8 oz)	4 1/2
Jams and Jellies		
Apple butter	1 tbsp	1
Jelly	1 tbsp	4-6
Orange marmalade	1 tbsp	4-6
Peach butter	1 tbsp	1
Strawberry jam	1 tbsp	4
Candies		
Chocolate (Hershey) bar	1 1/2 oz	2 1/2
Chewing gum	1 stick	1/2
Chocolate cream	1 piece	2
Chocolate mints	1 piece	2
Fudge	1 oz square	4 1/2
Gum drop	1	2
Hard candy	4 oz	20
Lifesavers	1	1/3
Peanut brittle	1 oz	3 1/2
Marshmallow	1	1 1/2
Fruits and Canned Juices		
Raisins	1/2 cup	4
Currants, dried	1 tbsp	4
Prunes, dried	3-4 medium	4
Apricots, dried	4-6 halves	4

Food	Portion Size	Approximate Sugar Content (tsp)
Dates, dried	3-4 stoned	4 1/2
Figs, dried	1 1/2-2 small	4
Fruit cocktail	1/2 cup	5
Rhubarb, stewed, sweetened	1/2 cup	8
Canned apricots	4 halves + 1 tbsp syrup	3 1/2
Applesauce, unsweetened	1/2 cup	2
Prunes, stewed, sweetened	4-5 medium + 2 tbsp juice	8
Canned peaches	2 halves + 1 tbsp syrup	3 1/2
Fruit salad	1/2 cup	3 1/2
Fruit, syrup	2 tbsp	2 1/2
Orange juice	1/2 cup	2
Pineapple juice, unsweetened	1/2 cup	2 2/3
Grape juice, commercial	1/2 cup	3 2/3
Canned juices, sweetened	1/2 cup	2

Breads and Cereals

White bread	1 slice	1/2
Cornflakes, Wheaties, etc.	1 bowl + 1 tbsp sugar	4-8
Hamburger bun	1	3
Hot dog bun	1	3

Cakes and Cookies

Angel food cake	4 oz	7
Applesauce cake	4 oz	5 1/2
Banana cake	2 oz	2
Cheesecake	4 oz	2
Chocolate cake, plain	4 oz	6
Chocolate cake, iced	4 oz	10
Coffeecake	4 oz	4 1/2
Cupcake, iced	1	6
Fruitcake	4 oz	5
Jelly-roll	2 oz	2 1/2
Orange cake	4 oz	4
Pound cake	4 oz	5
Sponge cake	1 oz	2
Strawberry shortcake	1 serving	4
Brownies, unfrosted	1 (3/4 oz)	3

Food	Portion Size	Approximate Sugar Content (tsp)
Molasses cookies	1	2
Chocolate cookies	1	1 1/2
Fig newtons	1	5
Ginger snaps	1	3
Macaroons	1	6
Nut cookies	1	1 1/2
Oatmeal cookies	1	2
Sugar cookies	1	1 1/2
Chocolate eclair	1	7
Cream puff	1	2
Donut, plain	1	3
Donut, glazed	1	6

Dairy Products

Ice cream	1/3 pint (3 1/2 oz)	3 1/2
Ice cream bar	1 (depending on size)	1-7
Ice cream cone	1 scoop	3 1/2
Eggnog, all milk	1 (8 oz)	4 1/2
Ice cream soda	1	5
Cocoa, all milk	1 cup (5 oz milk)	4
Ice cream sundae	1	7
Chocolate, all milk	1 cup (5 oz milk)	6
Malted milk shake	1 (10 oz)	5
Sherbet	1/2 cup	9

Miscellaneous

Ketchup	1 tbsp	1
Barbecue sauce	1/4 cup	2

Taken from: Eva Hamilton and E. Whitney. *Nutrition Concepts and Controversies*. New York: West Publishing Co. 1979.

YESTERDAY, I ATE ...?

	Contained Sugar?	
	YES	NO
Breakfast:		
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
Lunch:		
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
Supper:		
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
Snacks:		
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓
_____	✓	✓

To help me and my family cut down on sugar I can ...

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