



# Sugar in YOUR FOOD



**Most Americans consume 22 teaspoons – or 355 calories – of added sugar each day.**

**Sugar can occur naturally or be added to food during processing.**

Eating too many foods with excess sugar sets the stage for several health issues, including:

- Poor nutrition
- Weight gain
- Tooth decay
- Increased fat in blood



**Processed sugars and sweeteners go by many names.**

Look for the words “malt,” “syrup” and those ending in “-ose,” including:

- Fructose
- Maltose
- Sucrose
- Evaporated cane juice
- Raw sugar
- Cane sugar
- Invert sugar
- Agave nectar
- Corn syrup
- Malt syrup
- Rice syrup

