

Natural SUGAR vs. Added SUGAR



WHAT'S THE DIFFERENCE?

Natural sugar

Naturally found in whole, unprocessed foods

- ✓ Fruits
- ✓ Vegetables
- ✓ Dairy products

Benefits

- Whole foods provide fiber, protein, vitamins and minerals
- Your body needs these essential nutrients to function properly

Added sugar

Added during processing, cooking or before eating/drinking

- ✓ Soda or fruit drinks
- ✓ Candy
- ✓ Sweets

Detriments

- Added sugar increases calories without contributing essential nutrients
- This makes it difficult to meet nutrient needs within reasonable calorie limits

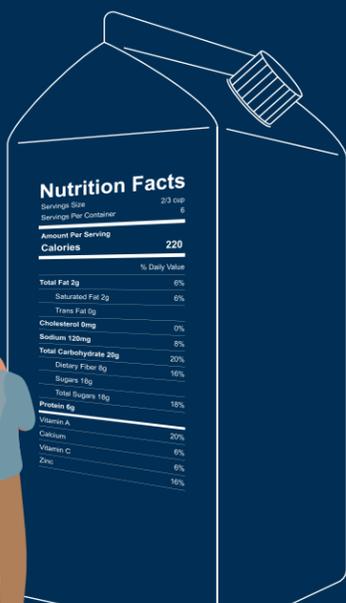
Too much added sugar leads to increased risk of:

- Obesity
- Heart disease
- Type 2 diabetes

Spot Sneaky Sugars

Added sugars go by many names.

In addition to looking for the word **sugar**, look for:



Ends in "ose" (*sucrose, glucose, fructose, etc.*)



Described as syrup (*corn syrup, maple syrup, brown rice syrup*)



Malts (*barley malt, malt syrup*)



Described as crystals (*Florida crystals, crystalline fructose*)



Natural sweetener alternatives (*agave nectar, honey, molasses*)



Dextrin and maltodextrin