



SUGAR

Some names that sugar goes by on ingredient lists:

- Anhydrous dextrose
- Brown sugar
- Cane juice
- Confectioner's powdered sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystal dextrose
- Dextrose
- Evaporated corn sweetener
- Fructose
- Fruit juice concentrates
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Liquid fructose
- Malt sugar
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Nectars (e.g., peach nectar, pear nectar)
- Pancake syrup
- Raw sugar
- Sucrose
- Sugar
- Sugar cane juice
- Syrup
- White granulated sugar

Too much sugar can lead to weight gain, which can lead to diabetes, heart disease and other health problems.

How much is too much?

2020-2025 DIETARY GUIDELINES FOR AMERICANS

- Limit calories from added sugars to no more than 10% each day, or about 200 calories or about 12.5 teaspoons per day based on a 2,000 calorie diet.

AMERICAN HEART ASSOCIATION

- Men: no more than 9 teaspoons (equals 36 grams or 150 calories)
- Women: no more than 6 teaspoons (equals 24 grams or 100 calories).
- Kids ages 2-18 should have less than 6 teaspoons per day (equals 24 grams or 100 calories)

WORLD HEALTH ORGANIZATION 2015 GUIDELINES FOR SUGARS INTAKE FOR ADULTS AND CHILDREN

- Less than 10% of total calories
- Also suggest a further reduction to below 5% of total calories

