

You may be eating too much sugar!



- ◆ Too much sugar adds calories to the diet and no nutrients.



- ◆ Some sugar is naturally found in foods and drinks, other sugars are added.

Natural sugar



Added sugar



- ◆ Extra calories from sugar may cause you to gain weight or eat fewer healthy foods.



- ◆ Sugar also causes tooth decay.

How can you eat and drink less sugar?

- ◆ Choose water, fat free, or low-fat milk and other drinks without added sugars.



- ◆ Drink less regular soda, fruit drinks and sports drinks.

One can of regular soda has 10 teaspoons of sugar.



- ◆ Buy fewer foods with added sugar (candy, cakes, cookies, pies).



- ◆ Snack on fruit, low-fat cheese, nuts, popcorn, whole-grain crackers, or vegetables.



- ◆ Choose milk products with lower sugar.



Do you check food labels for sugar?

- ◆ Choose foods and drinks that have the lowest sugar.

Check serving size and servings per container

Keep this number as low as possible

Nutrition Facts			
Serving Size 1 cup (24 g)			
Serving Per Container about 4			
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Amount Per Serving			
Calories 100		Calories from Fat 15	
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% Daily Value*			
Total Fat 2g			3%
Saturated Fat 1g			6%
<i>Trans Fat</i> 0g			
Cholesterol 10mg			3%
Sodium 150mg			6%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 8g	g is grams		
Protein 8g			
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Vitamin A 2%	•	Vitamin C 0%	
Calcium 35%	•	Iron 0%	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	30mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

- ◆ **4 grams of sugar = 1 teaspoon**



Equal opportunity programs

For more healthy eating information contact the University of Maryland Cooperative Extension Office in Baltimore County at 410-666-0445. www.BaltimoreCounty.umd.edu