

# Sugar: Where is it Found?

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Sugar is an ingredient in many of the foods we eat. Sugar is natural in some foods like fruits (sugar in fruit is called fructose) and milk (called lactose). Some foods, even those we do not expect, have a lot of added sugar. Added sugars or sweeteners are added to foods, they are not in the foods naturally.

Foods high in added sugars are also high in calories, but often, they have little or no other benefit for a growing child. Eating processed foods high in added sugars may increase a child's weight, reduce their energy level, and increase their risks for heart and metabolic diseases when they get older.

Choosing foods that are low in added sugar can help your child be healthy.

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## Tips for eating less added sugar

### Choose drinks without sugar

- Drink water, seltzer water, and flavored waters with no added sugar.
  - Avoid sodas, energy drinks and sweet beverages.
  - Avoid juice. If you do drink juice, limit to ½ cup or 120 ml per day.
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### Read the ingredient list

**Avoid foods that have these sugar ingredients near the top of their ingredient list:**

- Sugar/Cane sugar
  - Honey
  - Molasses/Maltodextrin
  - Fruit juice or vegetable juice concentrates
  - Agave nectar
  - Brown sugar
  - High fructose corn syrup
  - Brown rice syrup
  - Dextrose, Fructose, Sucrose, Maltose or Glucose
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### Compare Nutrition Facts labels

Foods like cereal, yogurt, and canned fruit may have more sugar than you would expect. Compare food labels of similar foods and choose options with less sugar.

See back pages for examples.

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#### To Learn More

- Nutrition  
206-987-4758
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

## Sugar: Where is it found?

### Lower Sugar Yogurt (Per 1 serving)

- Chobani Greek, plain and fruit
- Chobani Less Sugar Greek
- Fage, plain and fruit
- Siggis
- Tillamook Farmstyle Greek, plain and fruit
- Wallaby Greek, plain and fruit
- Dannon Oikos Triple Zero
- Dannon Two Good
- Dannon Light & Fit Greek

### Low sugar yogurt example

**Ingredients:** pasteurized skim milk, strawberries, cane sugar, fruit pectin, live & active cultures

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 cup (5.3oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 15g	<b>30%</b>

### High Sugar Yogurt (Per 1 serving)

- Brown Cow
- Ellenos
- Fage, honey flavor
- Noosa
- Tillamook Good & Creamy
- Stoneyfield Organic
- Yoplait Original
- Dannon Oikos Greek
- Dannon Fruit on the Bottom

### High sugar yogurt example

**Ingredients:** milk, live & active cultures, cane sugar, honey, strawberry puree (cane sugar, strawberries)

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 cup (8oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>27%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 36g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 17g	<b>34%</b>

**Low Sugar Cereal (Per 1 serving)**

- Cheerios, original or multigrain
- Chex, corn, rice or wheat
- Kix, original
- Corn Flakes, original
- Rice Krispies, original
- Honey Bunches of Oats, honey roasted
- Grape Nuts, original and flakes
- Life Cereal, original

**Low sugar cereal example**

**Ingredients:** whole grain corn, corn meal, sugar, corn bran, salt, brown sugar syrup, baking soda, mixed tocopherols (vitamin E), vitamins & minerals

<b>Nutrition Facts</b>	
11 serving per container	
<b>Serving size</b>	<b>1 1/4 cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 2g	<b>4%</b>

**High Sugar Cereal (Per 1 serving)**

- Lucky Charms
- Cocoa Krispies
- Froot Loops
- Frosted Flakes
- Frosted Mini Wheats
- Honey Smacks
- Alpha Bits
- Golden Crisp
- Captain Crunch, original

**High sugar cereal example**

**Ingredients:** whole grain wheat, sugar, glucose syrup, honey, palm oil, fruit juice for color, salt, canola lecithin, mixed tocopherols (vitamin E)

<b>Nutrition Facts</b>	
12 serving per container	
<b>Serving size</b>	<b>1 cup (36g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 2g	<b>4%</b>

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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