Sugar: Where is it Found?

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.

**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.

**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

**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

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

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

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)

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

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

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<td>Includes 3g Added Sugars</td>
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<td>Protein: 2g</td>
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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)

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