

SUGAR

The word ‘Sugar’ may never be found on a food label but does that mean that the product doesn’t have sugar in it? The answer is NO. “Sugar” refers to pure sugar coming from sugar cane or beet sugar. On food labels “sugar” may be found by:ⁱ

Corn Syrup	Maltose	Malt Syrup
Molasses	Lactose	Dextrose
Fructose	Honey Sugar	Sorghum
Honey	Sucrose	
Invert Sugar	Glucose	

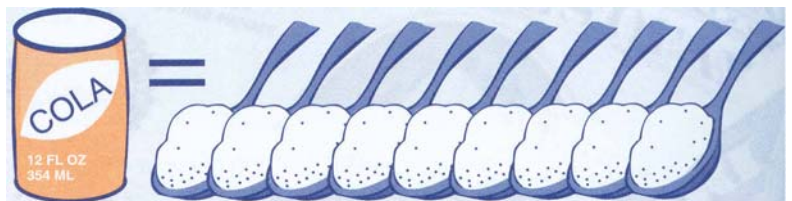
Find out how many of the foods you eat list sugar in the ingredient list on labels. You may even find sugar in some of the most unlikely foods!

<u>FOOD</u>	<u>TYPE OF SUGAR</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What was the most surprising food product you found that contained sugar?

How many of the different sugars did you find?

The average American consumes about 139 pounds of sugar per year. Most of this sugar comes from soft drinks. A 12- ounce soft drink contains 9-10 teaspoons of refined sugar.



ⁱSix Easy Bites Foods Project Activity Guide © 20020 Purdue Extension, West Lafayette, Indiana 47907