

Added Sugars

Kristen Johnson, *Assistant Professor and Nutrition Specialist*
 Janie Burney, *Professor and Nutrition and Food Safety Specialist*

Department of Family and Consumer Sciences

What are added sugars?

Some foods, like fruit and milk, naturally contain sugar. Added sugars are not the sugars that naturally occur in food. Added sugars are sugars that are added to foods during processing or preparation.

Most people eat more added sugars than they realize. Added sugars can be hidden in foods and beverages. For example, just one 12-ounce can of regular soft drink contains eight teaspoons of added sugar. That is 128 calories with zero nutrition from vitamins, minerals or fiber. Twelve ounces of an energy drink may contain over 4.5 teaspoons of added sugar.

SIMPLE BANANA OATMEAL COOKIES

Servings: 10

This basic recipe is low in added sugar. Bananas provide natural sugar and oatmeal provides dietary fiber.

Basic Banana Oatmeal Cookies

Non-stick cooking spray
 2 large, very ripe bananas
 1 cup rolled oats

Add Ins:

1 teaspoon vanilla extract
 1/2 teaspoon ground spices (cinnamon, ginger, pumpkin pie)
 1/3 cup dried fruit (raisins, cranberries, prunes, dates),
 unsweetened flaked coconut

1. Preheat oven to 350 F. Spray baking sheet with non-stick cooking spray or line with parchment paper.
2. In a medium bowl, mash bananas with a fork until almost no lumps remain. Stir in oats until well blended. Let mixture stand for five minutes. Mix in add ins if desired.
3. Drop the mixture by heaping tablespoon onto prepared baking sheet about one inch apart.
4. Bake for 13 to 15 minutes or until golden brown. Cool. Store extra cookies in the refrigerator.



Nutrition Information (one cookie): 55 calories; 0 g saturated fat; 1 g protein; 12g total carbohydrate; 2 g dietary fiber; 0 g added sugars; 127 mg potassium; 1 mg sodium.

How much sugar is recommended?

Eating too much added sugar can contribute to weight gain and may increase your risk of heart disease. Diets high in sugar also increase your risk of developing cavities. Foods and beverages that are high in added sugars are usually high in calories and low in important nutrients like vitamins, minerals and fiber.



As a general rule, we need to consume less than 10 percent of our calories from added sugar each day. The chart below shows recommended maximum amounts of added sugar at different calorie levels.

Daily Calorie Intake	Recommended maximum amounts of added sugar	
	In calories	In teaspoons
1200 calories	120	7 ½
1600 calories	160	10
2000 calories	200	12 ½
2400 calories	240	15
3000 calories	300	18 ¾

These are the maximum amounts recommended for most people. If you are trying to lose weight or have a health condition, you may need less added sugar. If you have a health condition, such as diabetes, and you are following a diet recommended by your health care provider, please consult your healthcare provider before making any changes in your diet plan.

Sugar Adds Up

Foods and beverages high in added sugars include cakes, cookies, brownies, candies, regular soft drinks, sweet tea, sports drinks and energy drinks. Beverages with added sugar are the major source of added sugars in the typical U.S. diet. This includes fruit drinks, sweetened coffee and tea, energy drinks, alcoholic beverages and flavored waters. The chart below shows the amount of added sugars that may be found in some popular beverages.

Beverage	Teaspoons of Added Sugar
Cola, 16 ounces	13
Energy Drink, 16 ounces	12 ½
Sports Drink, 20 ounces	7 ½
Teas, 16 ounces	12





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