

SUGAR



Recommendations

The 2010 Dietary Guidelines for Americans recommend choosing and preparing foods and beverages with little added sugar or calorie sweeteners. Balancing food energy intake with energy output is consistent with maintaining healthy weight. Limiting foods high in added sugars is recommended because of sugar's association with increased calorie consumption and decreased intake of nutrients. Schools should make an effort to serve nutrient-dense foods to increase the nutritional content of meals. High-sugar foods or foods with sugar as the primary ingredient should be replaced with more nutritious options.

Menu Tips

- Serve cereals that have less than 10 grams of sugar per ounce at breakfast. Check in your copy of Bowes and Church's Food Values of Portions Commonly Used for cereals that fit this criterion.
- Include hot-cooked cereal often because it is high in fiber and low in sugar.
- Try to eliminate breakfast pastries, doughnuts, and toaster pastries.
- Only use canned fruits packed in light syrup, natural juices, or water.
- Eliminate dessert items that have sugar as a primary ingredient.

Balancing food energy intake with energy output is consistent with maintaining healthy weight.

What is Sugar?

Sugar is a simple carbohydrate found in a variety of foods that converts quickly into glucose. If intake of glucose is higher than what the body can use or store, then it is converted to fat. High-sugar foods often contain empty calories—they provide a lot of calories without many other nutrients or micro-nutrients.



Using USDA Foods

Canned fruits from USDA Foods are packaged in light syrup, water, or natural juices. USDA has not purchased fruit in heavy syrup in over 20 years.

Recipe Ideas

- When reducing the amount of sugar in quick breads, cakes and cookies, use fruits, such as raisins, dried apricots, dates or bananas instead because they add sweetness naturally. Fruit juices and frozen fruit juice concentrates may be used to sweeten baked goods as well.
- There are many seasonings that offer the perception of sweetness that can be used when sugar is reduced: all-spice, cardamom, cinnamon, ginger, mace, nutmeg, and citrus juices.
- Use fruit toppings on breakfast foods such as cereal, oatmeal, pancakes, and waffles instead of sugar or syrup.