No.. to Added Sugar
Read Carefully & Live a Healthy Life
Added Sugar

• Added Sugars are added to **foods and beverages** by food manufacturers or by you, and they are high in calories.

• Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).

• All types of sugar, whether natural or processed, are simple carbohydrates that the body uses to get energy.
Where to find Added Sugar?

• Soft Drinks
• Energy Drinks
• Juices
• Cakes
• Ketchup
• Bread
• Sugar added to tea or coffee
• Peanut butter
• Pasta sauces
1 Cube = 1 Teaspoon = 4 grams = 15 calories
Names for added sugars on labels

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Molasses
- Sugar
- Sugar molecules ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Syrup
Why is Sugar Added to Several Food Products?

• Used to sweeten

• Preserve

• Improve the functional attributes of foods and beverages
  o Viscosity
  o Texture
  o Color
  o Browning capability
Nutrition Label

1. WHAT IS THIS % DV?
   - IT IS THE % OF NUTRIENTS PROVIDED BY 1 SERVING FROM YOUR RECOMMENDED DAILY ALLOWANCE

2. GET LESS
   - CHOOSE FOODS LOW IN THESE NUTRIENTS

3. GET MORE
   - CHOOSE FOODS HIGH IN THESE NUTRIENTS

NUTRITION FACTS
8 servings per container
Serving size 2/3 cup (55g)
Amount per serving
Calories 230

- Total Fat 8g
  - 10%
- Saturated Fat 1g
  - 5%
- Trans Fat 0g
- Cholesterol 0 mg
  - 0%
- Sodium 160 mg
  - 7%
- Total Carbohydrate 37g
  - 13%
- Dietary Fiber 4g
  - 14%
- Total Sugars 12g
  - Includes 10g Added Sugars
- Proteins 3g

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.
### Nutrition Facts

8 servings per container

**Serving size**: 2/3 cup (55g)

**Amount per 2/3 cup**

<table>
<thead>
<tr>
<th>Calories</th>
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<table>
<thead>
<tr>
<th>% DV*</th>
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<tbody>
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</table>

| 10%   | Vitamin D 2mcg |
| 20%   | Calcium 260 mg |
| 45%   | Iron 8mg |
| 5%    | Potassium 235mg |

* Footnote on Daily Values (DV) and calories reference to be inserted here.

**Includes 10g Added Sugars** 20%
Risk of Consumption of Added Sugar

Sugar turns into fat in the liver, and then to triglycerides, that causes atherosclerosis; plague, which builds up inside the arteries, and it causes several heart diseases.

Increases the risk of developing cavities

Increases the insulin hormone, which builds up fat in the body, and that causes obesity

Raises cholesterol, lipids, and uric acid in the body
American Heart Association recommends:

**Recommendation**

- 9 teaspoons of sugar for males (36 grams, 150 calories) daily
- 6 teaspoons of sugar for females (25 grams, 100 calories) daily
How to reduce added sugar in your daily diet

1. Drink water or beverages with 0 calories
2. Make sure the juice you are drinking is 100% fruit juice and does not contain added sugar
3. Choose jams and canned food with low sugar
4. Buy fresh fruits and vegetables or canned in water, but not syrup
5. Choose whole-wheat products, although it may contain added sugar
Thank You

Awareness and Applied Nutrition Unit

Food Safety Department

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