

Sugar: Where is it Found?

Sugar is an ingredient in many foods. Fruit has natural sugar called fructose and milk has natural sugar called lactose. Some foods, even those that don't seem sweet, have sugar that has been added by the manufacturer. "Added sugars" are sugars or sweeteners that have been added to foods rather than being a natural part of those foods

Foods high in added sugars are often high in calories but low in important nutrients, and often they have little benefit for a growing child. Eating foods high in added sugars may increase a child's weight, reduce their energy level, and increase their risks for heart and other 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

- Sugar in drinks is easy to accidentally drink in large amounts
 - Drink water, seltzer water, and flavored waters with no added sugar.
 - Avoid sodas, energy drinks and sweet beverages such as sweetened iced tea and sweetened coffee drinks
 - Avoid sports drinks such as Gatorade unless you are doing a lot of hard physical activity.
 - Avoid juice unless you have diabetes and are treating a low blood sugar with juice.
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Read the ingredient list

Sugar comes in many forms and has different names. Read food labels and 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

To learn more, see our handout "How to Read Food Labels"
seattlechildrens.org/pdf/PE1543.pdf



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.

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Compare Nutrition Facts labels

Foods like cereal, yogurt, and canned fruit may have more sugar than we might expect. Compare food labels of similar foods and choose options with less sugar.

See below for examples.

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

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%

Ingredients: pasteurized skim milk, strawberries, cane sugar, fruit pectin, live & active cultures

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

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%

Ingredients: milk, live & active cultures, cane sugar, honey, strawberry puree (cane sugar, strawberries)

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

Nutrition Facts	
11 serving per container	
Serving size	1 1/4 cup (30g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 2g	4%

Ingredients: whole grain corn, corn meal, sugar, corn bran, salt, brown sugar syrup, baking soda, mixed tocopherols (vitamin E), vitamins and minerals

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

Nutrition Facts	
12 serving per container	
Serving size	1 cup (36g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 2g	4%

Ingredients: whole grain wheat, sugar, glucose syrup, honey, palm oil, fruit juice for color, salt, canola lecithin, mixed tocopherols (vitamin E)

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are Deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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