

# El azúcar: ¿dónde se encuentra?

El azúcar es un ingrediente presente en muchos alimentos. El azúcar es natural en las frutas, llamada fructosa y en la leche, llamada lactosa. Algunos alimentos, incluso aquellos que no parecen dulces, tienen azúcar añadida por el fabricante. Los “azúcares añadidos” son azúcares o edulcorantes añadidos a los alimentos, en vez de pertenecer de forma natural.

Los alimentos ricos en azúcares añadidos también son ricos en calorías, pero bajos en nutrientes importantes, y a menudo tienen poco beneficio para el crecimiento. Comer alimentos procesados con alto contenido de azúcares añadidos puede aumentar el peso de su hijo/a, reducir su nivel de energía y aumentar sus riesgos de enfermedades cardíacas y otras afecciones a medida que crece.

Elegir alimentos con bajo contenido de azúcar añadida puede ayudar a su hijo/a para mantenerse sano.

## Consejos para consumir menos azúcar añadida

### Elija bebidas sin azúcar

- El azúcar en las bebidas es fácil de beber accidentalmente en grandes cantidades.
- Beba agua, agua mineral y aguas con sabores, pero sin azúcar agregada.
- Evite las gaseosas, las bebidas energéticas y las bebidas dulces como el té helado endulzado y bebidas de café endulzadas.
- Evite el jugo, a menos que tenga diabetes y este tratando un episodio de hipoglucemia con jugo.

### Lea la lista de ingredientes

**El azúcar viene en muchas formas y tiene diferentes nombres. Lea la etiqueta de los alimentos y evite aquellos que contienen estos ingredientes de azúcar cerca de la parte superior de su lista de ingredientes:**

- Azúcar / azúcar de caña
- Consistencia de Miel
- Melaza / Maltodextrina
- Jugo de fruta o concentrado de jugo de verduras
- Jarabe de agave
- Azúcar morena
- Jarabe de maíz rico en fructosa
- Jarabe de arroz integral
- Dextrosa, fructosa, sacarosa, maltosa o glucosa

Para más información, vea el folleto “Cómo leer la etiqueta de alimentos” [seattlechildrens.org/pdf/PE1543S.pdf](http://seattlechildrens.org/pdf/PE1543S.pdf)



### Más información

- Nutrición  
206-987-4758
- Consulte con el proveedor de atención médica
- [seattlechildrens.org](http://seattlechildrens.org)

### Servicio gratuito de interpretación

- En el hospital solicítelo al personal de enfermería.
- Fuera del hospital llame a la línea gratuita de interpretación: 1-866-583-1527.  
Dígale al intérprete el nombre de la persona o la extensión que necesita.

## Compare las etiquetas de información nutricional

Alimentos como cereales, yogur y frutas enlatadas pueden tener más azúcar de lo que pensamos. Compare las etiquetas de alimentos similares y elija opciones con menos azúcar.

Consulte los ejemplos abajo.

### Yogures bajos en azúcar (por 1 porción)

- Chobani griego, puro y de fruta
- Chobani griego sin azúcar
- Fage, puro y de fruta
- Siggis
- Tillamook Farmstyle griego, puro y de fruta
- Wallaby griego, puro y de fruta
- Dannon Oikos Triple Zero
- Dannon Two Good
- Dannon Light & Fit Greek

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	1 cup (5.3oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 15g	<b>30%</b>

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

### Yogures con alto contenido de azúcar (por 1 porción)

- Brown Cow
- Ellenos
- Fage, sabor a miel
- Noosa
- Tillamook Good & Creamy
- Stoneyfield orgánico
- Yoplait Original
- Dannon Oikos Greek
- Dannon Fruit on the Bottom (con fruta)

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	1 cup (8oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>27%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 36g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 17g	<b>34%</b>

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

**Cereales bajos en azúcar (por 1 porción)**

- Cheerios, original o multigrano
- Chex, maíz, arroz o trigo
- Kix, original
- Copos de maíz, originales (hojuelas)
- Rice Krispies, original
- Honey Bunches of Oats, tostado con miel
- Grape Nuts, original y en hojuelas
- Life Cereal, original

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

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

**Cereales con alto contenido de azúcar (por 1 porción)**

- Lucky Charms
- Cacao Krispies
- Froot Loops
- Frosted Flakes
- Frosted Mini Wheats
- Honey Smacks
- Alpha Bits
- Golden Crisp
- Captain Crunch, original

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

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



# Sugar: Where is it Found?

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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.

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## 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](http://seattlechildrens.org/pdf/PE1543.pdf)



### To Learn More

- Nutrition  
206-987-4758
- Ask your child's healthcare provider
- [seattlechildrens.org](http://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.

## Sugar: Where is it found?

### 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

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<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
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Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 15g	<b>30%</b>

**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

<b>Nutrition Facts</b>	
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**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

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**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

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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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