

Downloads: Registered Dietitian Toolkit for Sugar in Balance

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Life is sweet. Keep it balanced.

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Social Graphics

Download ready-made social media graphics to share the facts about real sugar and its role in a balanced diet. Note: Some are intended to be shared as a carousel.

Meal	Food Item	Added Sugar (grams)
BREAKFAST	Coffee, milk or juice (no added sugar)	0
	Oatmeal (2 teaspoons of brown sugar)	8
LUNCH	Turkey sandwich on whole-grain bread	6
	Fresh fruit and raw vegetables	0
SNACK	Mixed nuts	0
	Yogurt (5-3 ounces)	9
DINNER	Spaghetti and meatballs (1/2 cup of sauce)	3
	Salad with dressing (2 tablespoons)	3
DESSERT	Chocolate chip cookie	15

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- Why are sugars added to foods?**
Sugar plays a key functional role in foods beyond sweetness.
- According to the Dietary Guidelines for Americans:**
85% of calories are needed per day to meet food group recommendations healthfully. 15% of calories are available for other uses including added sugars and saturated fat.
- The Dietary Guidelines for Americans recommend limiting added sugars to 12 teaspoons or 50 grams per day based on a 2,000 calorie diet.**
- Sugar is a carbohydrate.**

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- SUGAR ADDS FLAVOR** that helps people eat a wide variety of foods, plus it has many other important functions.
- REAL SUGAR IS MADE FROM SUGAR CANE AND SUGAR BEETS** grown on farms.
- THE DIETARY GUIDELINES FOR AMERICANS RECOMMEND LIMITING ADDED SUGARS** to 12 teaspoons or 50 grams per day.*
Sugar has 15 calories per teaspoon and 4 calories per gram.
*Based on 2,000-calorie diet
- SUGAR GOES FROM PLANT TO PRODUCT IN JUST FOUR SIMPLE STEPS:** it is extracted from the plant, washed with water, crystallized and dried.
- SUGAR IS A SOURCE OF GLUCOSE,** a primary fuel for the body.

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Sugar is a Partner in Nutrient Delivery

HIGH-FIBER CEREAL
Sugar cuts the bitter flavors of high-fiber cereal, making it more enjoyable to eat.

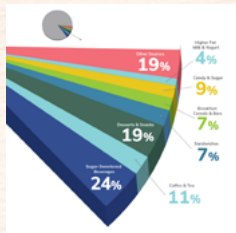
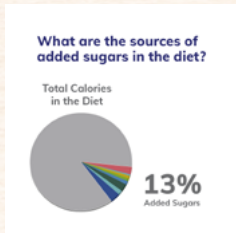
STRAWBERRY YOGURT
A little sugar cuts the acidity and enhances the sweetness of the strawberries in calcium-rich yogurt.

CANNED VEGETABLES
A little sugar helps maintain the color and texture of canned vegetables and increases shelf-life, making them an accessible and enjoyable option for meeting food group needs.

SALAD DRESSING
A little sugar cuts the acidity of the vinegar in salad dressing, contributes to the smooth/creamy texture, extends shelf-life and enhances the flavors of the spices as well as the other ingredients of the salad it dresses.

PEANUT BUTTER
A little sugar enhances the flavor and extends the shelf-life of protein-packed peanut butter.

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Keep portions in check with these tips and tricks!

Use smaller plates and bowls for meals and snacks.

Serve yourself using a measuring cup to know exactly how much is going on your plate.

Keep food off the counters and in your pantry. Out of sight, out of mind.

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Printable Infographics

Download infographics for sharing online or printing hard copies for clients.

Based on building healthy dietary patterns that include enough recommended food groups and stay within calorie limits, the 2020-2025 Dietary Guidelines for Americans recommend limiting added sugars to up to 10% of total calories (50 grams or 12 teaspoons of added sugars per day in a 2,000-calorie diet).

What does a daily diet with 10% of calories from added sugars look like?
Here's one example! (Based on a 2,000-calorie diet)

Breakfast	Lunch
0 grams added sugar Coffee, milk or juice (no added sugar)	6 grams added sugar Turkey sandwich on whole-grain bread
8 grams added sugar Oatmeal (2 teaspoons of brown sugar)	0 grams added sugar Fresh fruit and raw vegetables
Snack	Dinner
0 grams added sugar Mixed nuts	3 grams added sugar Spaghetti and meatballs (1/2 cup of sauce)
9 grams added sugar Yogurt (3.7 ounces)	3 grams added sugar Salad with dressing (2 tablespoons)
	15 grams added sugar Chocolate chip cookies

U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2020-2025, 9th Edition, December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

SUGAR'S FUNCTIONAL ROLES IN FOOD BEYOND SWEETNESS

	FLAVOR ENHANCER / BALANCE, AROMA	BULK	TEXTURE / MOISTURE	ORAL LIFE / MICROBIAL STABILITY	FERMENTATION	PREVENTING PAIN / DEPRESSION	COLOR	MOISTURE RETENTION
Dairy Products	●	●	●	●	●			
Whole-Grain, Fiber-Rich Breads & Cereals	●	●	●	●	●			
Breads	●	●	●	●	●			
Bakery Products	●	●	●	●	●			
Salad Dressings, Rubs and Sauces	●	●	●	●	●			
Preserves & Pickling	●	●	●	●	●			
Jams & Jellies	●	●	●	●	●			
Canned Fruits & Vegetables	●	●	●	●	●			
Prepared Foods	●	●	●	●	●			
Beverages	●	●	●	●	●			
Frozen Beverages	●	●	●	●	●			
Fermented Beverages	●	●	●	●	●			
Ice Cream	●	●	●	●	●			
Confectionery	●	●	●	●	●			

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5 THINGS TO KNOW ABOUT SUGAR

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- Source: 21 CFR 184.1054.
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