

Carlos and the Sugar Mystery!



Sugar may be white, but it is not a power food unless it's natural sugar found in fruit and milk. **When too much sugar** is added to foods, it makes Carlos feel tired and droopy an hour after eating it! Help Carlos figure out how much sugar is in this food package. Get your pencil and math skills ready to help Carlos solve the sugar mystery!

Step 1: look at the Nutrition Facts label to the right and find out where the sugars are

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 box (32g)		Total Fat 1g	1%	Total Carb 24g	8%
Servings 1		Sat. Fat 0g	0%	Fiber 0g	0%
Calories 101		Trans Fat 0g		Sugars 24g	
Fat Cal. 10		Cholest. 0mg	0%	Protein 1g	
		Sodium 180mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

Step 2: write down how many grams (g) of sugars are in one serving size...

Grams of sugar

Step 3: divide the grams of sugar by four ($\div 4$) to get teaspoons (tsp) of sugar in one serving

1 tsp of sugar =
4 g of sugar!

Grams $\div 4 =$

Step 4: see if you can do the same with something you find in your kitchen...

___ Grams $\div 4 =$ ___ tsp of sugar

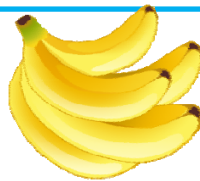
The Sugar Mystery Solved!

How many teaspoons of sugar were in one serving of the packaged food?

Answer = 6 teaspoons of sugar!

When you read the ingredients list on a package of food, sugar may be called any of the following names (these are sugars that have been added to the food and do not occur naturally):

- Sugar
- Fructose, glucose, sucrose
- Corn sweetener
- Corn syrup
- High fructose corn syrup
- Dehydrated cane juice
- Fruit juice concentrate
- High-fructose corn syrup
- Honey
- Invert sugar
- Maple syrup
- Molasses
- Raw sugar
- Dextrose



Milk sugar is called lactose and naturally found in milk. Lactose is not added in, but will appear as a sugar on the nutrient label. Fruit sugar, also called fructose, is naturally found in fruit. When sugar is eaten as part of fruit (dried or fresh) or milk, you get all the vitamins, minerals and phytonutrients necessary to keep your whole body strong! So limit foods with added sugars and stick to foods with natural sugars like fruit and milk.

