

5 THINGS TO KNOW ABOUT SUGAR



REAL SUGAR IS MADE FROM SUGAR CANE AND SUGAR BEETS¹
grown on farms.



SUGAR ADDS FLAVOR
that helps people eat a wide variety of foods, plus it has many other important functions.

SUGAR IS A SOURCE OF GLUCOSE,
a primary fuel for the body.

THE DIETARY GUIDELINES FOR AMERICANS² 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, crystalized and dried.

1. Sucrose. 21 CFR 184.1854.
2. 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).