

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**.

SUGAR GOES FROM PLANT TO PRODUCT IN JUST FOUR SIMPLE STEPS:
it is extracted from the plant, washed with water, crystalized and dried.

*Based on 2,000-calorie diet

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).