

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.



PRE-PACKAGED SNACKS

A little sugar increases the shelf-life of many pre-packaged healthy snack options.

Sugar's Functional Roles in Food Beyond Sweetness

	FLAVOR ENHANCER/ BALANCER, AROMA	BULK	TEXTURE/ MOUTHFEEL	SHELF-LIFE/ MICROBIAL STABILITY	FERMENTATION	FREEZING POINT 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 	●	●	●	●			●	●

Life is sweet.
Keep it balanced.

Learn more at sugar.org

the Sugar association

Real Sugar™