

Common Definitions

Simple carbohydrates (sugars) refers to monosaccharides and disaccharides. Monosaccharides include glucose, galactose and fructose. Dextrose is synonymous with glucose. Fructose is the most common naturally occurring monosaccharide, found in fruits and vegetables. Common disaccharides include sucrose (glucose + fructose) found in sugar cane, sugar beets, honey and corn syrup; lactose (glucose + galactose) found in milk products; and maltose (glucose + glucose) found in malt.

Complex carbohydrates refers to glucose-containing polysaccharides such as starch.

Naturally occurring (intrinsic) sugars refers to sugars that are an integral part of whole fruit, vegetable, and milk products.

Added (extrinsic) sugars refers to sugars and syrups added to foods during processing or preparation, and include sugars and syrups added at the table.

Total sugars are defined as all sugars (naturally occurring and added) in foods and beverages.

High-fructose corn syrup is produced from corn syrup (nearly all glucose), which undergoes enzymatic processing to increase the fructose content and is then mixed with glucose.

Major Sources of Added Sugars in the American Diet

Food groups that contribute more than 5 percent of the added sugars to the American diet in decreasing order.

Food Categories	Contribution to Added Sugars Intake (percent of total added sugars consumed)
Regular soft drinks	33.0
Sugars and candy	16.1
Cakes, cookies, pies	12.9
Fruit drinks (fruitades and fruit punch)	9.7
Dairy desserts and milk products (ice cream, sweetened yogurt, and sweetened milk)	8.6
Other grains (cinnamon toast and honey-nut waffles)	5.8

Data derived from Guthrie and Morton.¹³

Usual Intake of Added Sugars (in teaspoons)* - Mean (standard error) 2001-2004

Age	N	Mean	SE
1-3	1515	12.2	0.33
4-8	1701	21.0	0.54
Males 9-13	1061	29.2	0.92
Males 14-18	1424	34.3	1.03
Males 19+	4650	25.4	0.48
Females 9-13	1112	23.2	0.82
Females 14-18	1362	25.2	0.71
Females 19+	5063	18.3	0.37
All persons 1+	17888	22.2	0.29

*Includes white, brown and raw sugar, syrup, honey, and molasses that were eaten separately or used as ingredients in processed or prepared foods such as breads, cakes, soft drinks, jams, and ice cream.

N = Number of persons in sample.

SE = Standard error of the mean (df=30).

One teaspoon of added sugars = the same amount of total sugars as 1 teaspoon (4 grams) of table sugar (sucrose).

*Adapted from National Cancer Institute.*⁹

Discretionary and added sugars calorie allowances based on a variety of age, sex and physical activity levels

Sex	Male	Male	Female	Female
Age	21-25	46-50	51-55	71-75
Physical activity level*	Active	Sedentary	Moderately active	Sedentary
Energy needs**	3000 kcal	2200 kcal	1800 kcal	1600 kcal
Discretionary calories***	512 kcal	290 kcal	195 kcal	132 kcal
Added sugars teaspoons****	18 tsp	9 tsp	5 tsp	3 tsp
Added sugars calories	288 kcal	144 kcal	80 kcal	48 kcal

* Sedentary means a lifestyle that includes only the physical activity of independent living; Moderately Active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living; Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

** Energy needs to maintain current weight, this will not promote weight loss in overweight/obese people

*** Recommended limit for discretionary calories per 2005 US Dietary Guidelines

**** Recommended limit for added sugars per 2005 US Dietary Guidelines

Source: Data derived from US Department of Agriculture^{10,11} and Britten et al.¹²