

ADDED SUGAR

IN PACKAGED FOOD



Added sugar

The term "added sugar" refers to sugars that are included in food processing, foods that are packaged as sweeteners, sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.



Total sugars = Natural sugar + Added sugar



Examples include:



- Brown sugar
- Cane juice
- Corn syrup, dextrose
- Fructose
- Fruit nectars
- Glucose
- High-fructose corn syrup
- Honey
- Lactose
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Sucrose

WHY SUGAR IS ADDED TO PROCESSED FOODS?

■ Enhance Flavor

It can balance out bitter or acidic flavors, making the product more palatable.

■ Increase Shelf Life

Sugar acts as a preservative by reducing the water activity in the food. It helps inhibit the growth of microorganisms, which can spoil the food.

■ Improve Texture

Sugar can contribute to the texture of foods, giving them a soft, moist, or chewy feel.

■ Enhance Appearance

Sugar can add color to foods during the Maillard reaction, which contributes to the golden-brown appearance of baked goods and other processed foods.

■ Mask Undesirable Flavors

Sugar can help mask strong or undesirable flavors, due to the use of certain ingredients or processing methods making the product more enjoyable to consumers.

■ Psychological Impact

Sugar can trigger a pleasurable response in the brain due to its effects on dopamine release. This can create a sense of comfort and satisfaction.



PACKAGED FOODS

WITH HIGH ADDED SUGAR



**SWEETS AND
DESSERTS**
10-30gm/serving



**SUGARY
BEVERAGES**
8-15gm/100ml



**BREAKFAST
CEREALS**
4-16gm/100ml



**CANNED AND
PACKAGED FRUIT**
12-19gm/half cup



**SAUCES AND
CONDIMENTS**
4-10gm/tablespoon



**PACKAGED BAKED
GOODS**
30-40gm/100gm