

Health & Nutrition Sciences

Facts About Caloric Sweeteners

Common Caloric Sweeteners for Beverages:

Sugar (sucrose or table sugar), high fructose corn syrup (HFCS), honey and agave

What Is Sugar (Sucrose or Table Sugar)?

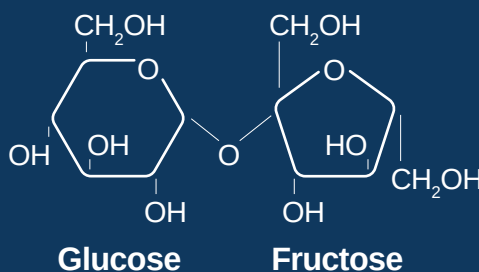
- Extracted from sugar cane or sugar beets.



- Raw sugar is similar to refined sugar:
 - Both sugars are calorically identical and do not contain preservatives or additives
 - Differences: boiling process, crystal size, molasses content
- Contains 4 calories per gram



- Composed of **equal amounts** of 2 monosaccharides (simple sugars) to form a disaccharide:



How Are Added Sugars Different From Free Sugars?

- Added sugars aren't in foods naturally—they're added. They include: sugars and syrups that food manufacturers add to products as well as those that we add ourselves.¹
- Free sugars include sugars that are added to foods and beverages plus sugars that are naturally present in honey, syrups and fruit juices.²

How Are Other Caloric Sweeteners Different From Sucrose (Table Sugar)?

- Composed of the same two monosaccharides as sucrose, however the ratio can change.
- Calorically comparable to sucrose.
- Due to their similarities in structure and energy content, recent studies have shown that it is unlikely that there are differences between caloric sweeteners in their effects on health.³⁻⁶



HFCS



AGAVE



HONEY



SUCROSE

	HFCS	AGAVE	HONEY	SUCROSE
Origin	Made from corn	Made from fluid inside the blue agave plant	Made from bees using nectar from flowers	Made from sugar cane or sugar beets
Fructose / glucose content	55/45%	~91/9% ⁷	~57/43% ⁸	50/50%
Other components	N/A	Small amounts of inulin, vitamin C and B vitamins	Small amounts of maltose, antioxidants & antibacterial compounds	N/A
Sweetness potency (relative to sucrose)⁹	1.1x	1.3x	1.1x	1x

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Practical Recommendations for Added Sugar Reduction

Dietary guidelines by some governments and authoritative bodies recommend limiting added sugars. Added sugars can be enjoyed as part of a healthy diet when consumed in moderation.



The average intake of added sugars in the US population are more than 13% of total energy per day.¹ This exceeds the Dietary Guidelines for Americans added sugars recommendation of 10% of calories or less.¹

Tips for Cutting Down on Added Sugars



Substitute some of your caloric beverages for water or carbonated water



Enhance breakfast cereals with spices or savory proteins instead of brown sugar



If you like full calorie sugar-sweetened beverages, consider drinking a smaller portion



Compare food labels and choose products with positive nutrients



Replace a full calorie sugar-sweetened beverage with a low or no calorie sweetened one



Instead of cookies or candy try Greek yogurt with fresh fruit

References:

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