



United States Department of Agriculture

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Inside the Pyramid

Discretionary Calories

What are "added sugars"?

Added sugars are sugars and syrups that are added to foods and beverages during processing or preparation. This does not include naturally occurring sugars such as those that occur in milk and fruits.

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- candy
- cakes
- cookies
- pies
- fruit drinks, such as fruitades and fruit punch
- milk-based desserts and products, such as ice cream, sweetened yogurt and sweetened milk
- grain products such as sweet rolls and cinnamon toast

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- brown sugar
- corn sweetener
- corn syrup
- dextrose
- fructose
- fruit juice concentrates
- glucose
- high-fructose corn syrup
- honey
- invert sugar
- lactose
- maltose
- malt syrup
- molasses
- raw sugar
- sucrose
- sugar
- syrup