

The skinny on new sugar calorie counts

November 20 2018, by Len Canter, Healthday Reporter

<p>Servings: larger, bolder type</p> <p>New: added sugars</p> <p>Change in nutrients required</p>	<h2>Nutrition Facts</h2> <p>8 servings per container</p> <p>Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 10%</p> <p>Saturated Fat 1g 5%</p> <p>Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 13%</p> <p>Dietary Fiber 4g 14%</p> <p>Total Sugars 12g</p> <p>Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10%</p> <p>Calcium 260mg 20%</p> <p>Iron 8mg 45%</p> <p>Potassium 235mg 6%</p> <hr/> <p><small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>	<p>Serving sizes updated</p> <p>Calories: larger type</p> <p>Updated daily values</p> <p>Actual amounts declared</p> <p>New footnote</p>
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(HealthDay)—The U.S. Food and Drug Administration is getting serious about added sugars.

Acting on the health recommendation that calories from added sugars shouldn't exceed 10 percent of your daily total calories, new nutrition labels will break down a food's [sugar](#) content so you can read how much added sugar it contains.

The line for "sugars" will become "total sugars" and require that the number of "added sugars" be declared. This will let you easily see how much of a day's worth of sugar you're eating in every portion, the kind of information we already have about fat, sodium and other nutrients. However, the deadline for manufacturers to include this information has been extended to 2020, so it's still up to you to scrutinize labels for now.

Sugars added to processed foods aren't physiologically different from the naturally occurring sugars in fruit for instance. But unlike fruit—and other nutrient-rich foods—sugary processed foods often lead to overeating. For example, most people don't overdo berries, but do overdo sugar-sweetened drinks, cookies and other desserts. In fact, about half our added sugar intake is from sweetened beverages like soda, energy-, sports- and juice drinks.

Many used to worry only about tooth decay from sugar. Now we know there's a relationship between excess sugar, [weight gain](#) and [chronic diseases](#) like type 2 diabetes, [high blood pressure](#), heart disease and nonalcoholic fatty liver disease.

Limiting sugar to 10 percent of daily [calories](#) means capping daily intake at 6 teaspoons for women and 9 teaspoons for men. Since current labels do state total sugar content in grams, with a little math, you can get a good idea of how much sugar you're taking in.

Four grams of sugar roughly equals 1 teaspoon. So just divide the sugar grams in a food portion by 4 to estimate the number of teaspoons it has, then keep a running total each day. And remember that just one can of

soda with 40 grams of sugar equals 10 teaspoons—more than a day's worth.

More information: The University of California, San Francisco program SugarScience has a list of all [ingredient names for sugar](#) to increase your label-reading savvy.

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