



Nutrition Facts

Making Sensible Sugar Choices

Choose moderate amounts of SUGAR

1. For liquid refreshment, choose WATER or MILK.

A single can of regular soda contains 150 calories – all from sugar. Water is calorie-free, sugar-free, fat-free – and very refreshing. Fat-free or low-fat milk offers protein, calcium, and magnesium for minimal calories.

2. For a soft drink, choose SMALL or REGULAR.

Healthy people can enjoy moderate amounts of sugar and soft drinks – the key is to control the portion size. A super-sized soft drink can have as many calories as a whole meal – 550 calories in a 44-ounce drink.

3. For a sensible (sweet) snack, choose FRUIT.

Satisfying your sweet tooth – and meeting your nutrient needs – is as easy as a piece of fruit. Fresh, dried, frozen or canned, fruit is packed with natural sweetness and phytonutrients you need for good health.

4. For a sensible, satisfying dessert, choose to SHARE.

When you are tempted with an array of rich, sugary desserts, the solution is simple (and less expensive!). Ask for several forks and share a dessert with family and friends. Or take half home to enjoy later.

5. For a lower sugar intake, choose SUGAR-FREE.

Sugar-free foods and beverages, made with non-nutritive sweeteners, can help you reduce your overall sugar intake. Remember that sugar-free does not necessarily mean calorie-free – or packed with nutrition.

For more tips on making sensible sugar choices:

American Diabetes Association's Nutrition pages

<http://www.diabetes.org/main/health/nutrition/default.jsp>

International Food Information Council

<http://www.ific.org>

USDA Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>



Ask the Dietitian County of Los Angeles
Public Health Nutrition Program
www.lapublichealth.org/nutrition

