

REAL SUGAR. REAL FOOD.



10 facts about real sugar:

- Real sugar is real food and a natural ingredient. It is rooted in nature, not in a lab.
- Real sugar comes only from sugar beets and sugar cane.
- Real sugar is grown on farms across America by hardworking and dedicated growers.
- Real sugar has at least 12 different functions in real food beyond sweetness, including adding texture and keeping foods fresh.
- It's not possible to remove real sugar from foods without adding other ingredients – often industrial additives like artificial sweeteners that Americans prefer to avoid.
- Americans' intake of added sugars is the lowest in 40 years and close to the lowest ever recorded (11.9% in 1909). At the same time, obesity and chronic disease continue to rise.
- Real sugar is a staple in America's kitchens, and without it, many of our favorite foods, traditions and generational family recipes wouldn't be possible.
- Real sugar can help other ingredients shine; for example, it can make whole grain cereal more palatable while contributing to your family's nutrition.
- Gold-standard evidence affirms balanced diets have room for moderate amounts of real sugar.
- Real sugar is at the heart of real recipes; thousands of bakeries, restaurants and other businesses across America rely on it every day to make foods from scratch.



Visit www.sugar.org for more on all things Real Sugar.



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