



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Search for Hidden Sugars

During the holidays sweet treats abound! While sipping on your peppermint mocha, you should be aware of the added sugars found in these festive treats. Before munching on that fruitcake, check the “added sugars” section on the Nutrition Facts Label. According to the Dietary Guidelines for Americans, less than 10% of our calories should come from added sugar; more than 10% can displace nutrient dense foods with empty calories. The high sugar content of a jelly donut may be common knowledge; however, added sugars can also hide in some surprising foods, including granola, pasta sauce, instant flavored oatmeal, barbecue sauce, ketchup, low fat salad dressing, frozen meals, protein bars, and dried fruit. See if you can spot some the many monikers for sugar in the word search below.

Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	

- Sucrose
- Dextrose
- Maltose
- Fructose
- Galactose
- Lactose
- Glucose
- Dextrin
- Maltodextrin
- Ethyl Maltol

- Honey
- Maple Syrup
- Agave Nectar
- Cane Juice
- Molasses
- Corn Syrup
- Fruit Juice
- Treacle
- Caramel

D	H	D	D	M	S	P	U	G	H	O	N	E	Y	A
A	E	L	E	Z	N	Y	R	W	U	O	C	B	J	G
E	H	X	X	B	H	T	V	I	Y	I	C	M	D	A
L	T	R	T	E	S	O	T	C	U	R	F	A	O	V
O	E	P	R	R	D	O	E	J	Q	K	S	L	S	E
T	M	M	O	J	I	X	E	Q	U	R	O	T	W	N
L	U	A	S	F	O	N	K	C	E	S	T	O	P	E
A	I	P	E	D	A	E	E	R	I	U	L	D	U	C
M	G	L	U	C	O	S	E	E	L	C	A	E	R	T
L	R	E	O	W	D	M	P	G	O	R	M	X	Y	A
Y	B	S	A	S	E	S	S	A	L	O	M	T	S	R
H	L	Y	G	A	L	A	C	T	O	S	E	R	N	Z
T	F	R	U	I	T	J	U	I	C	E	D	I	R	T
E	Y	U	E	L	A	C	T	O	S	E	F	N	O	O
H	T	P	R	O	V	J	L	E	M	A	R	A	C	X

What’s in a name? Sucrose by any other name would taste as sweet.

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References: *Dietary Guidelines for Americans 2020-2025*. Available at https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf Accessed on: November 3rd, 2021. *Looking to Reduce Your Family's Intake of Added Sugars? Here's How* Available at <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/looking-to-reduce-your-familys-added-sugar-intake-heres-how>. Accessed on: November 3rd, 2021.

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