

Sugar Food Facts Answer Sheet

QUESTION	ANSWER	SUGAR FACTOID
<p>1. On average, how many teaspoons of sugar do Americans eat each day?</p> <p>a) 12 teaspoons (about 1/4 cup) b) 22 teaspoons (about 1/2 cup) c) 32 teaspoons (about 3/4 cup)</p>	<p>1. B</p> <p>The average American eats 22 teaspoons (about 1/2 cup) of sugar each day.</p>	<p>Sugar is addictive! It releases a chemical in your brain that activates your reward system, the more you crave it!</p>
<p>2. On average, how many teaspoons of sugar do children eat each day?</p> <p>a) 12 teaspoons (about 1/4 cup) b) 22 teaspoons (about 1/2 cup) c) 32 teaspoons (about 3/4 cup)</p>	<p>2. C</p> <p>The average child consumes (eats) 32 teaspoons of sugar each day.</p>	<p>About one hundred years ago, Americans consumed 5 pounds of sugar per person, per year. In 2000, Americans consumed about 150 pounds of sugar per person, per year.</p>
<p>3. Refined sugar can cause:</p> <p>a) Insomnia (a condition where you have trouble sleeping at night) b) Obesity c) Both insomnia and obesity</p>	<p>3. C</p> <p>Refined sugar can cause both insomnia and obesity.</p>	<p>Even foods that don't taste sweet have sugar. Some examples include: ketchup, hot dogs, hamburgers, peanut butter, French fries, and mayonnaise.</p>
<p>4. How much sugar is in a 12-ounce can of Coca-Cola?</p> <p>a) 5 teaspoons b) 7 teaspoons c) 10 teaspoons</p>	<p>4. C</p> <p>A 12-ounce soda has about 10 teaspoons of sugar in it.</p>	<p>On average, each American drinks 44 gallons of soda each year. That's about 469 12-ounce cans of soda per person (more than one can a day).</p>
<p>5. Sugar can lead to obesity. How many adults in the United States are overweight or obese?</p> <p>a) One-third of American adults are obese or overweight. b) Two-thirds of American adults are obese or overweight. c) All American adults are obese or overweight.</p>	<p>5. B</p> <p>Two-thirds of adults in the United States are overweight or obese.</p>	<p>Many foods, like fruits, vegetables, and dairy products, contain naturally occurring sugars (sugars that are inherent to the food and not added).</p>
<p>6. True or false: If a food label says "all-natural" on it, the food must be healthy to eat.</p> <p>a) True b) False</p>	<p>6. B False!</p> <p>Even all-natural foods contain lots of sugar!</p>	<p>Even "all-natural" foods can have added sugars, which are sugars used during food preparation or processing. They often serve a functional role or are added to make food taste sweet.</p>

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<p>7. True or false: Sugar is bad for your body!</p> <p>a) True b) False</p>	<p>7. B False!</p>	<p>Sugar turns into carbohydrates, which gives our bodies energy. It's only bad for our bodies if we have too much sugar!</p>
<p>8. True or false: Sugar can help foods last longer by acting as a preservative.</p> <p>a) True b) False</p>	<p>8. A True!</p>	<p>Sugar can help preserve foods like jam and canned or bottled fruits and vegetables. You should be careful of these food products. Many have lots of sugar, though you may think they're sweet because of fruit.</p>
<p>9. Which food is better to snack on if you're hungry:</p> <p>a) Chips b) Salad</p>	<p>9. B Salad!</p>	<p>Eating sugary foods (like chips) can make you feel full for a while, but your body is missing out on lots of good stuff like proteins, vitamins, and minerals, which you can get from healthier foods like salads!</p>
<p>10. Where does our table sugar come from?</p> <p>a) Sugarcane b) Beets c) Potatoes d) Sugarcane and beets</p>	<p>10. D Sugarcane and beets! Both sugarcane and beets are plants that contain juices from which sugar crystals, syrup, and molasses are made.</p>	<p>Refining refers to removing something through a purification process; sugar refining is the process of extracting (taking out) sugar (sucrose) from the plant materials (e.g., sugarcane and sugar beets) and then removing unwanted materials such as stalk fibers, soil, insect parts, molds, bacteria, etc. Refining can also include washing, boiling, filtering, drying (and sometimes even bleaching) sugar. This process ends up taking out all of the nutritional elements that were originally in the sugar.</p>
<p>11. Does refined sugar contain any vitamins or minerals (nutrients that your body needs to work properly)?</p> <p>a) Yes b) No</p>	<p>11. B No Refined sugar does not contain any vitamins, minerals, enzymes, fats, or fiber. This is because everything beneficial is removed from sugar during the refining process.</p>	<p>Did you know that table sugar, which is the kind we normally see, is not naturally white? It is only white because bleaching agents (such as lime and carbon dioxide) are added during the refining process.</p>

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<p>12. True or false: Sugar can lead to tooth decay.</p> <p>a) True b) False</p>	<p>12. A True!</p>	<p>Tooth decay is caused by the acid made by the bacteria that grow in sugar. The acid eats away at the enamel and calcium in teeth.</p>
<p>13. What can you do to keep your teeth strong and healthy?</p> <p>a) Brush your teeth twice a day b) Rinse your mouth with water after eating something sugary c) Floss your teeth twice a day d) All of the above</p>	<p>13. D All of the above</p>	<p>Rinse your mouth with water after eating something sugary and don't forget to floss and brush your teeth well using fluoride toothpaste twice a day. These healthy habits will keep your teeth strong!</p>
<p>14. Sometimes we hear that eating sugar can make us hyper (energetic). What else can eating sugar make us feel?</p> <p>a) Irritable b) Tired c) Energized d) Jumpy and excited e) All of the above</p>	<p>14. D All of the above!</p>	<p>Sugar can give you an instant energy boost, but after that short period, your body will go into a withdrawal period and you'll experience mood swings. Sugar can also exacerbate (worsen) asthma, heart disease, cholesterol levels, and other health issues.</p>
<p>15. Which is healthier to put into your body?</p> <p>a) One apple b) One cup of apple juice</p>	<p>15. A One apple!</p>	<p>Even "naturally" sugared juices can be unhealthy. One cup (8 ounces) of apple juice—even if it's 100 percent apple juice and has no sugar added—has the same amount of sugar as five apples.</p>
<p>16. True or false: There are more advantages to eating a whole fruit than to drinking one cup of fruit juice.</p> <p>a) True b) False</p>	<p>16. A True</p>	<p>When kids eat an apple, the fiber in the apple slows the processing of the sugar, allowing it to enter the bloodstream at a slow, steady rate.</p>
<p>17. True or false: Natural sugars found in fresh fruits and vegetables are good for you!</p> <p>a) True b) False</p>	<p>17. A True, but only to a certain extent.</p>	<p>Natural sugars can be found in fresh fruits, vegetables, and milk products, which are also sources of vitamins, minerals, and fiber.</p>

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<p>18. True or False: There are different types of sugars, such as natural sugars and refined sugars.</p> <p>a) True b) False</p>	<p>18. A True!</p>	<p>Natural sugars can be found in fresh fruits, vegetables, and milk products, while refined sugars can be found in foods like chips, candies, and sodas.</p>
<p>19. High-fructose corn syrup is a sweetener commonly used in sodas and fruit-flavored drinks. Where does high-fructose corn syrup come from?</p> <p>a) High-fructose corn syrup trees b) Sugarcane c) Cornstarch</p>	<p>19. C Cornstarch</p>	<p>High-fructose corn syrup is made from cornstarch (corn) and is not derived from sugarcane.</p>
<p>20. What is one reason that high-fructose corn syrup is found in so many foods and drinks?</p> <p>a) Because it tastes better than sugar b) Because it looks better than sugar c) Because it is cheaper to make than sugar</p>	<p>20. C Because it is cheaper to make than sugar.</p>	<p>High-fructose corn syrup, which is processed from corn, is nearly chemically and nutritionally identical to table sugar (i.e., it's not very nutritious). Both are made up of fructose and glucose and contain a similar number of calories. However, corn syrup is a lot cheaper to make than sugar.</p>
<p>21. Which country leads the world in sugar production (who makes the most)?</p> <p>a) United States b) Brazil c) China d) India</p>	<p>21. B Brazil</p>	<p>Brazil is the top producer of sugar in the world (this is because sugarcane is mainly grown in tropical regions, of which Brazil has many). Most of Brazil's harvest goes to more than one hundred other countries. The United States is the ninth biggest producer of sugar.</p>
<p>22. Can sugar be addictive?</p> <p>a) Yes b) No</p>	<p>22. A Yes</p>	<p>When we eat sugar, it releases an opiate-like substance in us that activates the brain's reward system; basically, sugar is addictive.</p>

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<p>23. True or false: Sugar only adds sweetness to food...</p> <p>a) True b) False</p>	<p>23. B False</p>	<p>Sugar not only adds sweetness to foods; it also plays a role in our ability to eat and enjoy food in many other ways. It creates texture and color in baked goods, adds body to yogurt, balances the acidity in tomato products, and increases the boiling point and reduces the freezing point in foods.</p>
<p>24. True or false: There is more than one type of sugar...</p> <p>a) True b) False</p>	<p>24. A True</p>	<p>There are MANY different types of sugar: Sucrose, which is common table or white sugar, is naturally found in sugarcane and sugar beets. Fructose, the sweetest sugar, combines with glucose to form sucrose. Glucose is slightly less sweet than sucrose. Lactose is also known as milk sugar.</p>
<p>25. True or false: Your body reacts to all the sugars (sucrose, fructose, glucose, and lactose) in the same way...</p> <p>a) True b) False</p>	<p>25. A True</p>	<p>Your body treats all of these sugars—both natural sugars found in fruits and honey and processed sugars found in candy and ice cream—the same way.</p>
<p>26.</p>		

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27.		
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