

Natural Sugar vs. Added Sugar

A side-by-side comparison

What is Sugar?

Sugar is a type of carbohydrate that provides energy for your body in the form of calories (1 gram of sugar = 4 calories).

Monosaccharides are the simplest form of sugar and the most basic units of carbohydrates. The three types of monosaccharides are: **glucose**, **fructose**, and **galactose**.

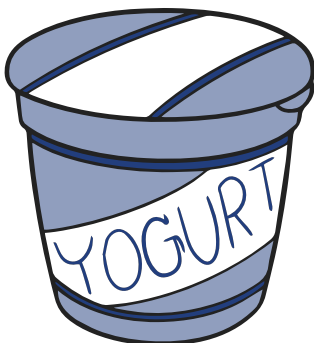
Disaccharides are the sugars formed when two monosaccharides are joined. The three types of disaccharides are: **sucrose** (glucose + fructose), **lactose** (glucose + galactose), and **maltose** (glucose + glucose).

Comparing Sources

Natural Sugar

Sugar that is found naturally in certain whole, unprocessed foods like fruits, some vegetables, and milk.

The main forms of sugar found in fruits and vegetables are fructose and glucose, while lactose is the main form of sugar found in milk.



80 calories
4 grams total sugar
0 grams added sugar

Ingredients:
Nonfat yogurt (cultured pasteurized nonfat milk)

**Greek yogurt
non-fat plain
single-serve (5.3 oz)**

Added Sugar

Any sugar that is added to a food or beverage during processing and/or preparation.

**Added sugar can come from artificial sources (e.g. high fructose corn syrup) or natural sources (e.g. honey).*



110 calories
13 grams total sugar
9 grams added sugar

Ingredients:
Nonfat yogurt (cultured pasteurized nonfat milk), cane sugar, water, vanilla extract, natural flavors, fruit pectin, guar gum, lemon juice concentrate.

**Greek yogurt
non-fat sweetened
single-serve (5.3 oz)**