



Sugar Sense: Making Informed Choices

Taking a closer look at the facts on added sugar without the fear.

What are Added Sugars?

Added sugars are sugars and syrups that are added to sweeten various foods and beverages while they are being made in processing. They provide calories our body needs without additional nutrients like vitamins and minerals.

Sugar found naturally in fruit (called fructose) and milk (called lactose) are not considered an added sugar.



Research & Statistics

3 out of 4 school-aged children in the USA consume more added sugar than the daily recommended amount.^{3,1}

Most Common Sources:^{1,2}

Sugar-sweetened drinks, desserts & sweet snacks, candy, flavored yogurt & milk, and breakfast cereals or bars.
specialty coffee & energy drinks
(teens & adults)

Names of Added Sugars

White granulated sugar, sucrose, high-fructose corn syrup (HFCS), maple syrup, maltose, corn syrup, brown rice syrup, dextrose, honey, coconut sugar, agave nectar & more!

MG Meals

At all Monona Grove schools, we offer all students balanced meals containing whole grains, fruits, vegetables, and protein to provide students with the nutrients they need to learn & grow.

We strive to serve whole food ingredients and locally grown items when available.

Mindfulness

Choose to consume sources of added sugar that you most enjoy, and look for lower sugar options in other foods & beverages when planning your or your family's next meal, snack, or drink.



1. U.S. Department of Agriculture Food and Nutrition Service. (July 2022). Living in the Land of Added Sugars. Fueling My Health Life 7th Grade.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2020, December). Dietary Guidelines for Americans, 2020–2025. 9th Edition. <https://dietaryguidelines.gov>.
3. Reducing Added Sugars at School Breakfast. USDA Food and Nutrition Service. March 2025