

FALL



# NUTRITION NEWS

WHAT'S HAPPENING IN SCHOOL FOOD?

## Sweet Talk: Natural vs Added Sugars

Sugar is a hot topic in nutrition these days, but do you know the difference between natural sugars and added sugars?

### Natural Sugars

The sugars naturally occurring in food are simple carbohydrates called lactose, fructose, glucose and maltose. They're found mainly in fruit, milk and yogurt and also in vegetables and grains. These sugars are paired naturally in those foods with many other high quality nutrients such as fiber, protein, vitamins and minerals that our bodies need to grow and thrive. Eat more fruits, vegetables, whole grains and dairy for a healthier, more balanced diet.

### Added Sugars

Syrups, cane sugar, honey and agave nectar are all added sugars used for sweetening foods or recipes. These sugars don't add any essential nutrients to your diet.

### Sugar Strategy in School

Your school's breakfast and lunch programs feature minimally-processed foods as well as foods without artificial ingredients and high fructose corn syrup, wherever possible.

Aramark's team of chefs and dietitians continue to create recipes reduced in sugar, fat and salt that also taste great and students approve. For example, a variety of fruit now is used often in cooking to naturally sweeten foods.

Aramark also works directly with food vendors to set new industry standards to reformulate and reduce added sugars and sodium in popular snack items such as cereal bars, graham crackers and cookies, while including more desirable nutrients such as whole grains and fiber.

If you want more specific information about the sugar content of menus and recipes at your child's school, contact your school's cafeteria manager or your school district's nutrition director. You also can ask if your school's local wellness policy includes guidelines about added sugars in foods served outside of the cafeteria in the school setting.



*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you.*  
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