

QUICK QUIZ

Sugar: Survey Answers Myth-Perceptions Ⓣ

(NAPSA)—According to a recent survey, Americans remain sweet on sugar, despite receiving conflicting and incorrect information. The following quick quiz can test your knowledge of America's favorite sweetener.

True or False?

1. Sugar causes obesity, heart disease, and hyperactivity.
2. People with diabetes can eat sugar.
3. Sugar has 20 calories per teaspoon.
4. In ingredient listings, sugar is not considered the same as sugars.
5. Soft drinks contain sugar.
6. Sugar is addictive.

Answers

1. False. A recent study by the Department of Agriculture concluded that sugar is not in itself associated with diabetes, coronary heart disease, obesity and hyperactivity. While people may associate obesity with sugar consumption, the number of people who are obese has dramatically risen, while sugar consumption has only marginally increased.

2. True, in moderation. The American Diabetes Association

stated that there is no evidence that refined sugars such as sucrose behave any differently from other types of simple carbohydrates.

3. False. Although sugar has only 15 calories per teaspoon, 22 percent of those responding to the survey stated that it has between 100 and 500 calories per teaspoon.

4. True. Sugar is sucrose, derived from sugar cane and sugar beets. Over the past 20 years new forms of sweeteners have been developed, including corn syrup, fructose, glucose, high fructose corn syrup and maltose. The government uses the term sugars (plural) to refer to all forms of caloric sweeteners.

5. False. Sugar (sucrose) has not been used in American soft drinks for many years.

6. False.

"The American people need correct information based on sound, peer-reviewed science in order to make correct choices," said Charles Baker, vice president of scientific affairs for The Sugar Association, which sponsored the survey.

For more information on the survey, visit www.sugar.org.