

HEY, KIDS!

What Kind of Sugar is in Your Food?

Added Sugar

When someone special makes your favorite chocolate chip cookies or a chocolate cake for your birthday, they usually put sugar in the recipe.

These kinds of food have **added sugars** because someone had to add sugar to make the food taste sweet.



Natural Sugar

Other kinds of food already have sugar in them, like bananas or honey. They have **natural sugars** and do not need sugar added to them to make them tasty.

