

Sugar Is a Partner in Nutrient Delivery



HIGH-FIBER CEREAL

Sugar cuts the bitter flavors of high-fiber cereal, making it more enjoyable to eat.



STRAWBERRY YOGURT

A little sugar cuts the acidity and enhances the sweetness of the strawberries in calcium-rich yogurt.



CANNED VEGETABLES

A little sugar helps maintain the color and texture of canned vegetables and increases shelf-life, making them an accessible and enjoyable option for meeting food group needs.



SALAD DRESSING

A little sugar cuts the acidity of the vinegar in salad dressing, contributes to the smooth/creamy texture, extends shelf-life and enhances the flavors of the spices as well as the other ingredients of the salad it dresses.



PEANUT BUTTER

A little sugar enhances the flavor and extends the shelf-life of protein-packed peanut butter.



PRE-PACKAGED SNACKS

A little sugar increases the shelf-life of many pre-packaged healthy snack options.

Sugar's Functional Roles in Food Beyond Sweetness

		FLAVOR ENHANCER/ BALANCER, AROMA	BULK	TEXTURE/ MOUTHFEEL	SHELF-LIFE/ MICROBIAL STABILITY	FERMENTATION	FREEZING POINT DEPRESSION	COLOR	MOISTURE RETENTION
Dairy Products		●	●	●		●			
Whole-Grain, Fiber-Rich Breads & Cereals		●	●	●	●	●		●	●
Breads		●	●	●	●	●		●	●
Bakery Products		●	●	●	●			●	●
Salad Dressings, Rubs and Sauces		●	●	●	●				
Preserves & Pickling		●	●	●	●				
Jams & Jellies		●	●	●	●			●	
Canned Fruits & Vegetables		●	●	●	●			●	
Prepared Foods		●	●	●	●			●	●
Beverages		●	●	●	●				
Frozen Beverages		●	●	●			●		
Fermented Beverages		●	●	●		●			
Ice Cream		●	●	●			●		
Confectionery		●	●	●	●			●	●

Life
is
sweet.
Keep it
balanced.

the
Sugar
association

Real
Sugar