



# Sugar:

## How Much for Breakfast?



### **What is Sugar?**

Sugar is a simple carbohydrate. There are many types of sugar, such as glucose, fructose, lactose, and sucrose. Glucose circulates in our blood, and feeds our brain and muscles. Fructose is a sugar found in fruit and honey. Lactose is milk sugar. Sucrose, or table sugar, is made up of glucose and fructose. Did you know plants make sucrose through photosynthesis? They use water and carbon dioxide from the soil along with sunlight and chlorophyll to make sucrose and oxygen.

### **Why Does Our Body Need Sugar?**

Carbohydrates, including sugar, serve many vital functions in the body, such as fuel for your cells, energy storage, and maintenance of muscle mass. Most importantly, glucose is our brain's only source of fuel.

### **How is Sugar Digested?**

Sugar is quickly digested by the body, allowing for a quick source of energy. Extra sugar is stored in our liver to use as energy in between meals, during exercise, and while sleeping. However, once our liver storage is full, the extra is stored as fat.

### **How Does Sugar Affect My Blood Sugar?**

Not enough sugar can cause a drop in blood sugar, and too much can cause high blood sugar. To avoid spikes in blood sugar, eat simple sugar with a protein, fat, or complex carbohydrates, such as fiber. Protein, fat, and complex carbohydrates slow digestion, allowing for a more gradual increase in blood sugar. The simple sugar can provide a quick boost of energy to wake you up in the morning while the protein, fat, or complex carbohydrates can provide sustained energy, and help minimize spikes in blood sugar.

### **What Should I Try For Breakfast?**

- Whole grain muffin with fruit and fat free or 1% milk
- Fortified cereal with fat free or 1% milk and 100% fruit juice
- Whole grain bagel with nut butter, banana slices, and sprinkled cinnamon
- Fortified, unglazed super-donut with an apple and fat free or 1% milk