## **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.













