Why is there sugar in my food?

SUGAR IS A MULTITASKING INGREDIENT
Too much or too little can change the taste, look, colour, size, shape and feel of food. Many of the foods we eat and enjoy rely on the unique properties of sugar. Even you as the home cook have probably used some of sugar’s properties without knowing it.

Sugar helps...

**Bread**
- Colour
- Softness
- Rising
- Flavour
- Enhancement

Without sugar becomes flat & tough

**Baking**
- Colour
- Softness
- Bulk & Volume
- Flavour
- Enhancement
- Rising

Without sugar becomes bland & wouldn’t rise

**Wine & Beer**
- Colour
- Softness
- Alcohol
- Fermentation

Without sugar makes alcohol wouldn’t exist

**Jam**
- Preserving
- Flavour
- Enhancement
- Gelling

Without sugar becomes too runny to spread & would grow mould quickly

**Sauces & Dressings**
- Preserving
- Flavour
- Enhancement

Without sugar becomes tart, too runny & would go off quickly

**Fruit or Soft Drink**
- Preserving
- Flavour
- Enhancement

Without sugar would taste thin & watery & go off quickly

**Ice Cream**
- Freezing point
- Flavour
- Enhancement

Without sugar becomes hard & unscoopable

**Yoghurt**
- Flavour
- Enhancement

Without sugar becomes very sour

For more detailed information on the function of sugar, please visit [www.srasanz.org](http://www.srasanz.org)
The sugar in food can either be naturally present (e.g. in milk, fruits and vegetables) or added during preparation and at the table – called free sugars [e.g. soft drink]. Some foods contain a mix of natural and free sugars [e.g. jam and yoghurt].

Whether it’s added or already in a food, it’s used by the body in the same way.

How can you tell if there’s sugar in a food? On packaged foods, total sugar, which is the combination of natural sugar and added sugar, is included in the Nutrition Information Panel. The type of sugar or where the sugar comes from can be found in the ingredients list.