

Most Baby Foods do not Contain Added Sugar Regardless of Packaging

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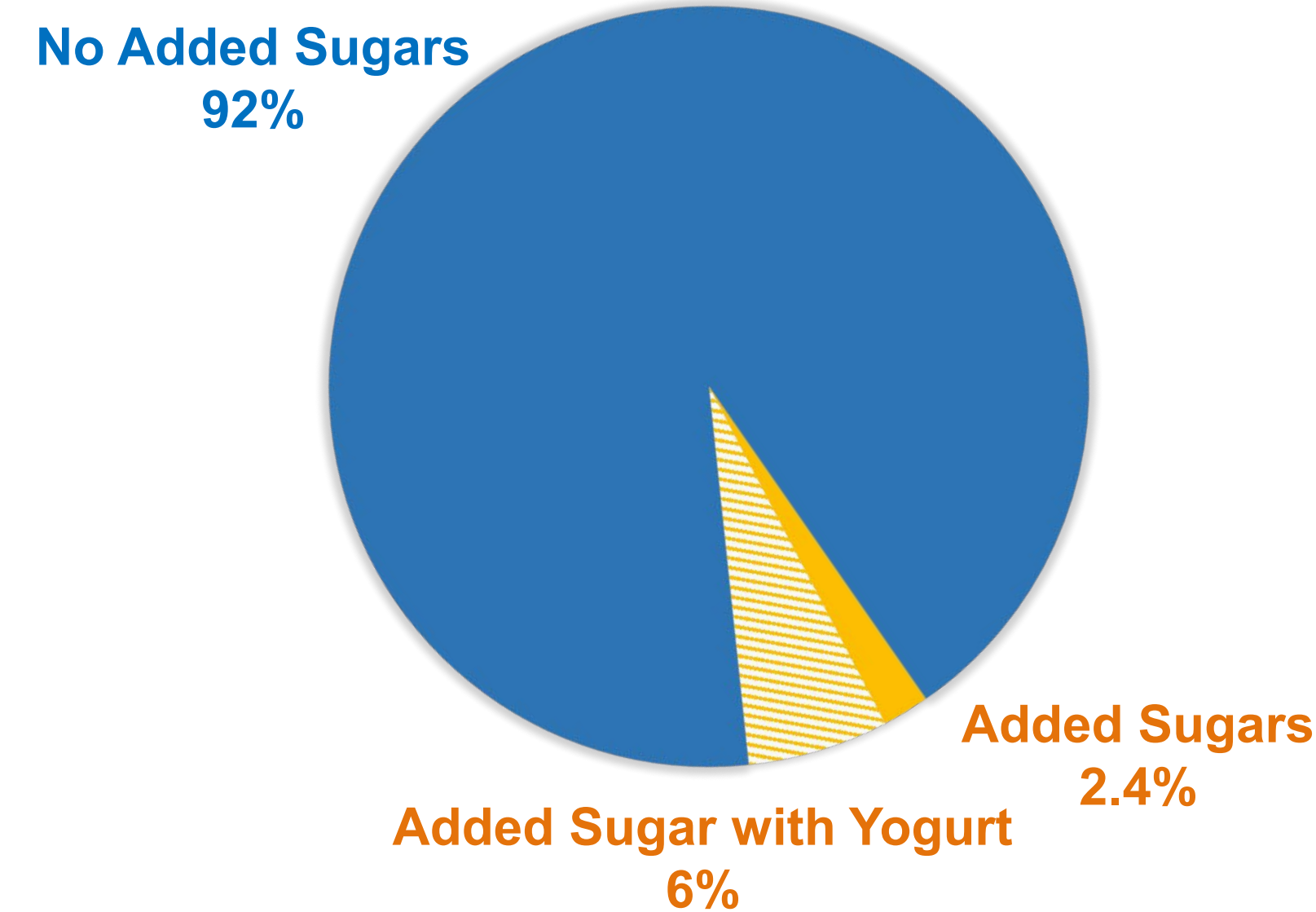
OBJECTIVE

- Pouches account for 44% of pureed foods sold for infants and toddlers.
- Some reports suggest pouches are a source of added sugar for young children.
- This study assessed added sugar content in baby foods sold in pouches, jars and tubs.

METHODS

- Foods in pouches, jars and tubs for infants and toddlers were identified using the Nielsen database.
- Added sugar as declared in the Nutrition Facts panel was reviewed for products exceeding 500,000 unit equivalents of US sales in 2019, representing 60% (pouches) and 90% (jars/tubs) of volume sold.
- Variety packages and private label brands were excluded.
- Pureed foods with toppings were also excluded because those are not available in pouches.

PERCENTAGE OF PUREED BABY FOODS WITH ADDED SUGARS



Added Sugar Content	Packaging Type	
	Pouches (n=82)	Jars & Tubs (n= 124)
No added Sugars (0g / serving)	90%	92%
Contained Added Sugar	10%	8%
With Yogurt (g added sugar / serving)	6% (5g*)	6% (6-7g)
Without Yogurt (g added sugar / serving)	4% (1-3g)	2% (<1-5g)

*All products had 5g

RESULTS

- More than 90% of pouches, jars and tubs do not contain added sugar; those that do are mostly made with yogurt.
- Without yogurt, only 2.4% (3 pouches, 2 jar/tubs) contained added sugar.
- Added sugar per serving ranged from <1g -7g.

CONCLUSION

- Over 90% of pureed foods for infants and toddlers do not contain added sugar.
- Packaging is not associated with added sugar.
- Yogurt content predicts added sugar in baby foods.
- Pureed foods for infants and toddlers rarely contain added sugars unless made with yogurt.



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