

## In Your Hands

### Added Sugar 101

Whenever sugar is added to the foods we eat through processing and preparing, it is called an added sugar. If our diet is high in added sugar we may be missing out on important nutrients our bodies need.

#### What does it come from?

##### Americans consume added sugar from:

- Soda, energy and sports drinks
- Grain-based desserts
- Sugar-sweetened fruit drinks
- Milk-based desserts
- Cereals
- Candy
- Sweetened coffee and tea drinks

#### What's the big deal?

Two hundred years ago, the average American ate only 2 pounds of sugar a year. Today, the average American consumes almost 152 pounds of sugar in one year. This is equal to 3 pounds (or 6 cups) of sugar consumed in one week!

Not only does added sugar = unwanted calories, it can displace essential nutrients your body needs and may increase the risk of heart disease, type II diabetes and tooth decay.

#### What are the recommendations ?

The Dietary Guidelines for Americans recommend limiting added sugars to **less than 10%** of calories.

#### What's the best advice?

You should **LIMIT** the amount of **ADDED SUGAR** you eat each day. Check out the back for easy, practical tips for reducing added sugar in your diet.



#### American Heart Association Guidelines on Added Sugar:

Women: 100 calories or less per day = **24 grams** = 6 teaspoons  
Men: 150 calories or less per day = **36 grams** = 9 teaspoons

Food labels list added sugars in **grams** and % daily value.

# Other Names for Sugars Found in Ingredient Lists

Corn Syrup	High Fructose Corn Syrup	Invert Sugar
Maltose	Sucrose	Dextrose
Lactose	Glucose	Malt Syrup
Molasses	Fruit Juice Concentrates	Honey
Brown Sugar	Syrup	Dextran
Maltodextrin	Fructose	Sorbitol

## Food for Thought

One 12 oz can of cola contains **39 grams** of added sugar. If you had just 1 cola a day, that would add up to over **30 POUNDS** of sugar in just one year!!



## Check your food labels!

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pay attention to serving size and how many in a container. Many items have more than one!

## Follow these tips to limit the amount of added sugar in your diet:

- \* Replace soda with flavored water or seltzer. Try adding fresh mint, sliced lemon, lime, grapefruit, or cucumber for great flavor.
- \* Instead of adding sugar to cereals and beverages, sprinkle with a bit of ground cinnamon, nutmeg or vanilla.
- \* Limit the amount of sweet treats (cake, cookies, pie, ice cream) you eat. Replace that sweet craving with naturally sweet fruit.
- \* Be aware that processed and packaged foods can be high in added sugar. Read food labels to check how many grams of sugar are in each serving.
- \* Instead of pouring yourself a glass of OJ, eat an orange with a glass of water.
- \* Snack on vegetables, fruits, low-fat dairy foods and whole grain crackers or popcorn.
- \* Is fresh fruit expensive or out of season? Buy canned fruit packed in water or frozen fruit.
- \* Be a healthy role model for your kids. They'll eat what you eat!