

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Many people consume too many of their daily calories from added sugar, which can poorly impact your health.

## ADDED SUGAR

DESSERTS, SOFT DRINKS, FRUIT DRINKS, COFFEE DRINKS, CRACKERS, CEREAL, PIZZA, PASTA SAUCES, CONDIMENTS, YOGURT OFTEN HAVE ADDED SUGAR.

Identify if a food has added sugar, versus naturally occurring sugar, by using the Nutrition Facts panel on the package of the food. Look for "total carbohydrates" and "added sugars". The ingredients that appear first are in the largest amount. It's not necessary to avoid all sources of added sugars. The problem is that many of us included too many sources of added sugars or eat and drink larger amounts than is recommended.

## NATURALLY EXISTING SUGAR

Sources of added sugars often lack nutrients needed for good health. Foods with naturally occurring sugar usually come with vitamins and minerals (which increases the nutrient density of the food). These foods also have fiber which slows the absorption of sugar and helps to control blood sugar.

## HOW TO REDUCE YOUR SUGAR INTAKE

- Check the label! Choose foods that are lower in or do not contain any added sugar.
- Sweeten low-fat plain yogurt with fresh, frozen, or canned fruit in place of fruit flavored yogurt.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
- Drink water or seltzer instead of sweetened beverages, like soda, energy, and sports drinks.
- Consume smaller portions of foods that are higher in sugar.

HELLO *my name is sugar*

AND I ALSO GO BY....

- Brown sugar -Maltose
- Corn syrup -Sorbitol
- Dextrose -Fructose
- Molasses -Sucrose
- Honey -Maple syrup
- High fructose corn syrup
- White granulated sugar

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Sugar should make up no more than 10% of your calories. Based on a 2000 calorie diet that's less than 13.3 tsp of sugar per day. Average daily intake of sugar for Americans is currently 42.5 tsp

