

# EAT WELL, AGE WELL. ADDED SUGARS

## What Really are Added Sugars?

Added sugars are sugars and syrups introduced to foods during processing or preparation. These can also include sugars and syrups that are added by consumers like you.

Naturally occurring sugars differ because they supply healthy nutrients while still fulfilling the craving for sweets! Natural sugars can be found in fruits, vegetables, dairy products, and many grains!

There are many different names for added sugars. Fortunately, on the new nutrition fact labels, the information for added sugar per serving is listed!

## Fruit-Filled Pancake Fluffs: Serves 2



Photo Courtesy of Pixabay.com

### Ingredients:

- Nonstick cooking spray
- Egg substitute (1/4 cup)
- Flour (2 Tbsp)
- Skim milk (2 Tbsp)
- Canola oil (2 tsp)
- Vanilla extract (1/4 tsp)
- Salt (1/8 tsp)
- Raspberries (1 ½ oz)
- Strawberries (6, sliced)
- Mixed berry Greek yogurt (2 Tbsp)

## Directions

1. Preheat oven to 400F. Lightly coat two 8-oz ramekins (4" diameter) with cooking spray. Set aside.
2. In a medium bowl, whisk together the ingredients besides fruit and yogurt. Pour half into each ramekin. Set the filled ramekins on a baking sheet.
3. Bake for 20 minutes, or until golden brown and puffy. Remove from the oven. Allow stand for 5 minutes.
4. In a medium bowl stir the berries together. Spoon half over each pancake and dollop 1 Tbsp of yogurt.

Recipe adapted from: [Diabetes food hub.org](https://diabetesfoodhub.org)

### Sweet Facts & Tips

Do you have a sweet tooth that you try (and maybe struggle) to keep in check? Sugar is not quite the evil ingredient that it is thought to be sometimes, but, a little information can help to provide some understanding for making better choices.

- **Limit intake** – The common suggestion is to have 10% or less of your calories come from added sugars. For a 2000-calorie diet this equals 200 calories or 50 grams.
- **Added vs Natural** – The term “added sugar” does not include sugar found in fruit, which is termed “natural”. It refers to sugar that is not naturally found in specific food and beverage products.
- **So Many Names!** – There are literally dozens of types of added sugars that go by many names. Examples are cane juice, corn syrup, dextrose, & trehalose. All have the same effect in our bodies.
- **Check the Label** – New rules for nutrition fact labeling require each product to show how much of the sugar content is from added sugars. If you check a label it is listed just below “Total Sugars”

*Added sugar, in moderation, is perfectly fine to have in your diet. However, below are just a couple recipes that use zero added sugar. Breakfast is a time that we often turn to quick and easy sweets (donuts, pastries, muffins). If you crave quick & sweet in the morning, give these simple ideas a try!*

### Tri-Berry Yogurt

1 serving

#### Ingredients

- ¾ cup plain, nonfat Greek yogurt
- ¼ cup fresh blueberries
- ¼ cup fresh raspberries
- ¼ cup fresh sliced strawberries
- ½ serving plain almonds (≈12 nuts)  
Or 1 Tbsp chia seeds

Add ingredients into a bowl, mix well and serve immediately.

\*Frozen fruit can be substituted. Just be allow for extra time to thaw and drain.

\*\*The choice of chia seeds or almonds adds an extra punch of protein, fiber, and healthy fats to help keep you full for longer.

Recipe by Tom Paine

### Banana Pancakes

Yield: 8 small pancakes (≈2 servings)

#### Ingredients

- 1 ripened banana, mashed
- 2 eggs, beaten
- 1 tsp choice of cooking oil
- ½ cup blueberries, crushed

While heating oil in a skillet, combine the banana and eggs and mix well.

Cook pancakes until golden brown ( about 1 minute per side)

Serve warm with crushed blueberries spread over the top

\*If you're not a fan of the blueberry spread, feel free to sub for ½ Tbsp maple syrup.

Recipe adapted from Emma Christensen (The Kitchn)

## How to Decrease Sugar in Recipes

Not every recipe would taste the best if you reduced the sugar, but most could use less sugar and still taste fine. There are also other alternatives available to use. Here are some:

- **Using fruit-** take advantage of its homegrown sweetness. Fruits that are high in natural sugar include sweet cherries, mangos, kiwis and bananas.
- **Using maple syrup-** with  $\frac{3}{4}$  cup replacing every cup of sugar, it yields baked goods that brown faster with less sugar.
- **Using honey-** honey is one of the most natural sweeteners available. Substitute  $\frac{3}{4}$  for every cup of sugar you use, while decreasing the liquid in your recipe and lowering the oven temperature by 25 degrees.

## Applesauce Cookies: Yields 20 Cookies



Photo Courtesy of Pixabay.com

### Ingredients:

- 1  $\frac{1}{2}$  cups all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  tsp. salt
- 1 tsp. cinnamon
- 8 tbsps. unsalted butter (softened)
- $\frac{1}{2}$  cup granulated sugar
- 1 large egg
- $\frac{1}{3}$  cup unsweetened applesauce

### Directions

1. Preheat oven to 375 degrees F with rack in center. Line two baking sheets with parchment paper.
2. In a small bowl, whisk flour, baking powder, salt and cinnamon to combine, set aside.
3. In a medium bowl, using a hand mixer, beat butter and sugar until creamy.
4. Add egg and beat until light and fluffy.
5. Add flour mixture and applesauce to bowl. Beat until just combined and no visible traces of flour.
6. Place dough in round form on baking sheet, 2-inches apart.
7. Bake until golden around edges and lightly browned on the bottom, 12 to 15 minutes.

This recipe is made with applesauce, which is another way to decrease the amount of sugar in a recipe.

Recipe from: Jennifer Perillo

## Reducing Added Sugar in Recipes by Using Naturally Sweet Alternatives

Most desserts are high in sugar - that does not come from natural sources like fruit. Various natural sources of sweetness make them taste just as good and add many nutrients like vitamins and fiber.

Naturally sweet alternatives to artificial sweeteners include the following:

- Fresh and dried fruits
- Unsweetened applesauce
- Honey and pure maple syrup
- Vanilla, orange, and almond extracts

This recipe includes a fresh fruit and natural, unsweetened applesauce. Most of the sweetness comes from natural sources.

## Blueberry Applesauce Oatmeal Muffins Yield: 12



Photo Courtesy of Pixabay.com

### Ingredients:

- 1 1/3 cup whole wheat pastry flour
- 3/4 cup rolled oats
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened natural applesauce
- 1 tsp olive oil
- 1/2 tsp vanilla extract
- 1/4 cup brown sugar
- 1 egg, beaten
- 1/2 cup milk of choice
- 1 1/4 cup blueberries
- 1/2 cup chopped walnuts

### Directions

1. Preheat the oven to 375°F. Line a 12-cup muffin tin with paper liners.
2. In a large bowl, combine flour, oats, baking powder, baking soda, cinnamon and salt
3. In a separate medium bowl, combine applesauce, oil, brown sugar, egg, and milk.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Gently fold in the walnuts and blueberries.
6. Bake for 15-19 minutes, or until a toothpick comes out clean.

Recipe from: <https://www.ambitiouskitchen.com/>