

## Added Sugar

### Consume less packaged foods

In a study of packaged foods, 75% contained added sugars. The 2015 Dietary Guidelines recommends limiting the intake to a maximum of 10% of daily calories. Only 2-Tbsp of barbecue sauce can have more than 1 1/2 tsps. of added sugar.



Photo courtesy of pixabay.com

## Added Sugar

### Make your own sweetness

Buy plain yogurt and sweeten it yourself with fruit or maple syrup. Oatmeal can be spiced up to be sweet and flavorful with a sprinkle of sugar, or fruit. Even using fruit as a snack can satisfy a sweet tooth.



Photo courtesy of pixabay.com

## Added Sugar

### Swap Sweetened Beverages Out

Sugar-sweetened beverages provide much of the added sugars in the Western diet. You can switch them out for a splash of 100% fruit juice in seltzer water. Water is always a great option or unsweetened iced tea.



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Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Added Sugar-Know Your Limits

The latest dietary guidelines recommend we limit our added sugar intake to 10% of our total calories. If you are eating 2000 calories each day, this equals 200 calories or 50 grams of added sugar. Thanks to the newer rules for nutrition facts labeling, products are now required to show exactly how many sugars are added. This information is located on the nutrition facts label directly underneath the “Total Sugars “ indicator.

### Weekly Challenge:

Do your best one day this week to read product labels and add up all the added sugars you eat.



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## What is Added Sugar?

The term “added sugar” is used to indicate various sugars that aren't naturally found in a product. An example of natural sugars might be the sugar from an apple that makes up your bowl of applesauce.

The University of California-San Francisco states there are 61 different names for sugar that can be found on a product’s ingredient list. Some of these are corn syrup, dextrin, dextrose, dehydrated cane juice, and rice syrup.

### Weekly Challenge:

Be sure to check out [choosemyplate.gov](http://choosemyplate.gov) to explore other various names for sugar you may come across.



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## Add Natural Sugar

Within your limits, added sugar is not an evil substance. However, there are many ways to naturally sweeten foods or drinks on your own, just by using a little creativity. Cut up some citrus fruit like lemon or lime, and add it to your water. Try some plain yogurt for a snack and add some berries for a healthful flavor boost. Maybe cut up half a banana and toss it in your cereal in the morning.

### Weekly Challenge:

Try out one of the suggestions above one day this week and see if it works for you.



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## Consuming Less Sugar: In Recipes



Sugar is added to recipes to make the food taste sweeter, but there are ways to prepare food that don't need as much sweetness. When baking, you can replace some or most of the sugar in the recipe by swapping in applesauce, honey, or maple syrup. Using these ingredients will decrease the white sugar content, and add a different spin on the flavor of the food.

### Weekly Challenge:

Try baking a recipe that replaces part of the sugar with applesauce.



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## Consuming Less Sugar: Eating Whole Foods

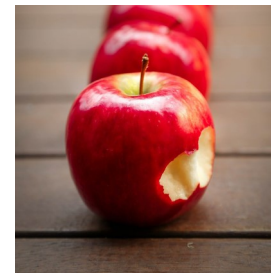


Whole foods are foods that have not been processed or refined and are free from additives or other artificial substances. The opposite of whole foods are ultra-processed foods. These contain added salt, sugar and fats to help keep them preserved.

Avoiding these foods can help you decrease the amount of sugar that you are consuming.

### Weekly Challenge:

Try making your meals mostly from whole foods.



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## Consuming Less Sugar: Reading Labels

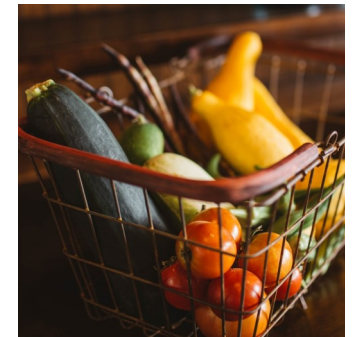


Eating less sugar isn't as easy as avoiding sweet foods. Sugar can hide in unlikely foods, like granola bars and breakfast cereals. Reading nutrient labels on foods is a good way to see if the food you are purchasing contains sugar.

On a nutrient label, the sugars will be listed in the ingredient list.

### Weekly Challenge:

Try reading the food labels when you are purchasing your groceries.



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## Added Sugar – How to Read Food Labels

Sugar will rarely be written as plainly as “sugar” on food labels. So, being aware of names for added sugars is important. Words ending in “-ose” such as fructose, dextrose, and maltose indicate a form of sugar.

The FDA requires that the grams of total sugar and added sugar are listed on the nutrition labels. The number of grams that naturally occur in the product is found by subtracting the added sugars from total sugars.

### **Weekly Challenge:**

Read the labels of the foods you purchase this week, and check for added sugars. Try to find options with limited amounts of added sugar.



*Pixabay.com*

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## Replacing Added Sugar with Naturally Sweet Foods

Most desserts call for granulated sugar or brown sugar which can be replaced by natural sweeteners, including the following:

- Honey, maple syrup, fruit concentrates, molasses
- Fruits such as bananas, dates, dried raisins, and apricots
- Extracts with natural sweet flavor include vanilla, orange, lemon, almond, and maple extracts

Most of these still contain natural sugar, but they include little to no added sweeteners.

### **Weekly Challenge:**

Use a natural sweetener to replace and reduce sugar in a recipe this week.



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## Health Benefits of Reducing Sugar Intake

Regulating one’s sugar intake can reduce the risk of developing high blood pressure, diabetes, weight gain, and inflammation. By consuming less sugar, a person’s energy level will increase because they are eating more whole, fresh foods.

To reduce your sugar intake, be mindful of the frequency in which you consume soda, desserts, sugary breakfast cereals and foods canned in sugary syrup. Focus on whole foods that are natural sources of sugar.



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### **Weekly Challenge:**

Identify a food that you frequently eat that is high in sugar, and find an alternative that you would enjoy eat instead.

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