



# Take a NOURISH Step!

## August: Added Sugar and Sugar Substitutes

### Did you Know?

Added sugars hide in over 60 ingredient names.



### Added versus Natural Sugar

**Natural Sugar:** Sugars found naturally in food such as fruit (fructose) and milk (lactose).

**Added Sugar:** Include any calorie containing sweeteners added to foods during preparation and include white sugar, brown sugar, honey, high fructose corn syrup, and more.

### Common Sources of Added Sugar in the Diet

- Sugar Sweetened Beverages
- Desserts and candy
- Sweet snacks
- Sweetened coffee and tea



### How to Spot Sugar in an Ingredient List

Sugar goes by many names in an ingredient list and can be tricky to spot. Some common sugar aliases include: *glucose, fructose, sucrose, dextrose, high-fructose corn syrup, agave nectar, brown rice syrup, molasses and honey*. The higher sugar is on the ingredient list, the more the product contains.

### Importance of Hydration

Sugary beverages lead to dehydration and glucose spikes.

### Sugar Substitutes:

Sugar substitutes have a sweet taste, but contain NO sugar. They have less calories than sugar, and some have zero calories. **There are three categories:** artificial sweeteners, sugar alcohols and novel sweeteners.



#### Artificial sweeteners

- Most artificial sweeteners are created from chemicals in a lab. They can be 200 to 700 times sweeter than table sugar.
- These sweeteners are regulated by the U.S. Food and Drug Administration as food additives.

#### Sugar Alcohols

- Sugar alcohols are created in a lab from sugars themselves. They are in many processed foods.
- Sugar alcohols must be listed on nutrition facts labels. These will end with “-ol”.

#### Novel Sweeteners

- Novel sweeteners are created from natural sources. These are not a significant source of calories or sugar.
- Examples: allulose, monk fruit, stevia, tagatose

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## Low-Sugar Fruit Smoothie (2 servings)

### Ingredients

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 peach
- 3 oz Greek yogurt
- ½ cup almond milk
- 1 TBSP flax seed (optional)

### Directions

- Combine all ingredients in a blender and puree until smooth.

### Carbohydrate & Sugar Content

- 17g total carbs
- 12g total sugar

Recipe adapted from  
<https://diabetesfoodhub.org/recipes/summer-fruit-smoothie>



## Sugar Alias Word Search

### Directions:

Find and circle the words listed below!

The words below are common names for sugar to look out for on ingredient lists. **The American Heart Association recommends limiting added sugars to 25-36 grams per day (6-9 teaspoons).**

J	L	O	P	T	S	G	E	Z	Q	U	Y	G	M	S	T	G
O	O	K	Q	P	H	Z	O	S	D	G	S	C	V	N	A	C
L	L	G	Q	V	U	Y	T	X	O	G	E	B	V	Y	Q	D
W	S	R	L	E	K	R	P	Y	E	R	E	V	A	G	A	C
E	H	I	X	U	D	W	Y	K	A	B	T	F	P	G	U	M
M	L	Y	A	E	C	P	W	S	R	T	D	X	G	U	O	K
H	E	E	G	L	U	O	U	X	T	A	E	M	E	L	F	G
E	S	O	R	C	U	S	S	R	T	L	I	U	A	D	R	W
P	T	R	R	G	S	F	X	E	Y	Y	A	S	O	O	U	R
Z	Y	H	I	M	X	J	S	O	E	S	S	M	R	M	C	F
I	P	W	H	O	O	Y	C	N	B	E	N	S	C	I	T	A
C	Z	N	F	K	R	O	O	R	S	J	B	R	T	I	O	Z
Y	Q	N	I	U	D	H	D	Z	X	K	D	S	O	P	S	K
N	B	Q	P	U	C	S	U	G	A	R	B	H	W	C	E	T
B	R	O	W	N	R	I	C	E	S	Y	R	U	P	G	U	T
H	L	A	Y	Z	C	J	I	Y	A	G	G	G	Q	C	N	R
T	B	K	G	D	G	R	D	N	P	V	V	I	E	S	C	P

malt syrup

sugar

corn syrup

sucrose

honey

brown rice syrup

agave

fructose

date syrup

molasses

dextrose

glucose

Keep taking **NOURISH** Steps and learn more about sugar at:  
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/facts-about-sugar-and-sugar-substitutes>

*If you want more pep, take a NOURISH Step!*



For more information visit: [gwaar.org/nourishstep](https://gwaar.org/nourishstep)

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Word search generated from WordMint.com