



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.

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

Importance of Hydration

Sugary beverages lead to dehydration and glucose spikes.

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

For more information visit: gwaar.org/nourishstep

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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>

Word search generated from WordMint.com

Sugar Alias Word Search

Directions:

Find and circle the words listed above!

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	honey	date syrup
sugar	brown rice syrup	molasses
corn syrup	agave	dextrose
sucrose	fructose	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>

