

Reduce Added Sugars in Your Diet!

Reducing intake of added sugars can help lower your risk of obesity, heart disease, type II diabetes and dental cavities (Center for Disease Control and Prevention [CDC], 2016).

What are added sugars?

(United States Department of Agriculture [USDA], 2016).

- Sugar and syrups added to food when it is being processed or prepared. It does not include sugars that are naturally occurring in foods like fruit, vegetables, or milk.
- Added sugars generally only add calories to foods, not vitamins or minerals.
- Look at ingredient list on packages of most foods for some of these common types of added sugar:
 - Cane sugar
 - Molasses
 - Corn syrup
 - High-fructose corn syrup
 - Raw sugar
 - Brown sugar
 - Honey
 - Fruit juice concentrate
 - Maple syrup
 - Brown rice syrup

Recommendations for added sugar intake

- The Dietary Guidelines recommend limiting added sugars to no more than 10% of daily calories (USDA, 2016).
 - Example: 2,000 calorie diet > 200 calories/day
 - 200 calories = 50 grams* = ~12 tsp. per day*
 - *** 1 tsp. of sugar = 4 grams = 16 calories**
- Use the nutrition facts label to identify how much sugar is in different foods.

Current Nutrition Facts Label

Does not separate natural and added sugars

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories	230	Calories from Fat 72	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	1g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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8 servings per container	
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	% Daily Value*
Total Fat	8g 10%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	160mg 7%
Total Carbohydrate	37g 13%
Dietary Fiber	4g 14%
Total Sugars	12g
Includes 10g Added Sugars	20%
Protein	3g
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	8mg 45%
Potassium	235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

New Nutrition Facts Label

(required by 2021)

Separates natural and added sugars

Added sugars in beverages

Many beverages have a surprising amount of added sugar. How does your favorite beverage stack up?

BEVERAGE	SUGAR CONTENT*
Water	0 grams = 0 tsp.
Fruit Infused Water	Varies depending on fruit used, but contains 0 grams of added sugar
44 oz. Diet Cola with Ice	0 grams=0 tsp.
Unsweetened Iced Tea	0 grams=0 tsp.
1 cup (8 oz.) of 100% Orange Juice*	21 grams = ~5 tsp.
9.5 oz. Iced Coffee – Mocha Flavored	31 grams=~8 tsp.
20 oz. Sports Drink	35 grams= ~9 tsp.
15 oz. Energy Drink	54 grams = 13 ½ tsp.
15 oz. 100% Juice Smoothies*	60 grams = 15 tsp.
44 oz. Cola with Ice	128 grams= 32 tsp.

*100% fruit juice will have a high amount of sugar, but it's not added sugar. 100% fruit juice is a better choice than sugar sweetened beverages, but choosing whole fruit over juice is recommended.

REFERENCES

Center for Disease Control and Prevention.(2016). Know your limit for added sugars. Retrieved from <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>

United States Department of Agriculture. (2016). What are added sugars? Retrieved from <https://www.choosemyplate.gov/what-are-added-sugars>