

# Reduce Added Sugars in Your Diet!

Reducing intake of added sugars can help lower your risk of obesity, heart disease, type II diabetes and weight gain.

## What are added sugars?

- 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 examples of added sugar:
  - Cane juice
  - Molasses
  - Dextrose
  - Corn syrup
  - High-fructose corn syrup
  - Raw sugar
  - Glucose
  - Brown sugar
  - Honey
  - Lactose
  - Fruit nectar
  - Maple syrup
  - Maltose
  - Brown rice syrup
  - Malt syrup
  - Sucrose

## Recommendations for added sugar intake

- The Dietary Guidelines recommend limiting added sugars to no more than 10% of daily calories.
  - 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.
- Children under 2 years old should not eat or drink any added sugars.

## Nutrition Facts Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
→ Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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

Added Sugars on the New Nutrition Facts Label. (2022).U.S. Food and Drug Administration. <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label>

Centers for Disease Control and Prevention.(2022). Know your limit for added sugars. Retrieved from [https://www.cdc.gov/healthy-weight/healthy\\_eating/sugar.html](https://www.cdc.gov/healthy-weight/healthy_eating/sugar.html)

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