

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

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% 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.	

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>

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