Reduce Added Sugars in Your Diet!

# Reducing intake of added sugars can help lower your risk of obesity, heart disease, type 2 diabetes and weight gain.

## What are added sugars?

* They are sugar and syrups that are added to food when it is being prepared. It does not include sugars that are naturally in foods like fruit, vegetables or milk.
* Added sugars generally only add calories to foods, not vitamins or minerals.
* Look at the ingredient list on the label of most foods for some of these common examples of added sugar such as the ones listed below.
  + 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 say to limit added sugars to no more than 10% of daily calories.
  + An example of this is if you are eating a 2,000 calorie diet the added sugar limit would be 200 calories per day of added sugar.
  + 1 teaspoon of sugar = 4 grams = 16 calories
  + 200 calories = 50 grams of sugar = ~12 teaspoons per day
* Use the nutrition facts label to find out how much sugar is in foods.
* Children under 2 years old should not eat or drink any added sugars.

## Nutrition Facts Label

The nutrition facts label has a section that lists ‘total carbohydrate’. Under this, a total sugars section can be found with a part for added sugars. This can help when finding how much natural or added sugar is in the food.

## Added sugars in drinks

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

|  |  |
| --- | --- |
| Beverage | Sugar Content |
| Water | 0 grams or 0 teaspoons sugar |
| Fruit Infused Water | Depends on fruit used, but has 0 grams of sugar |
| 44 ounces Diet Cola with Ice | 0 grams or 0 teaspoons of sugar |
| Unsweetened Iced Tea | 0 grams or 0 teaspoons of sugar |
| 1 cup (8 ounces) of 100% of orange juice | 21 grams or about 5 teaspoons of sugar |
| 9.5 ounces Iced Coffee – Mocha Flavored | 31 grams or 8 teaspoons of sugar |
| 20 ounces Sports drinks | 35 grams or about 9 teaspoons of sugar |
| 15 ounces Energy drink | 54 grams or 13½ teaspoons of sugar |
| 15 ounces 100% juice smoothies | 60 grams or 15 teaspoons of sugar |
| 44 ounces cola with ice | 128 grams or 32 teaspoons of sugar |

100% fruit juice will have a lot of sugar but is not added sugar. 100% fruit juice is a better choice than sugar sweetened drinks, but choosing whole fruit over juice is best.

## References

Added sugars in the New Nutrition Facts Label. (2022). U.S. Food and Drug Administration. [Added Sugars on the New Nutrition Facts Label](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 [Know your Limits for Added Sugars](https://www.cdc.gov/healthyweight/healthy_eating/sugar.html)

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