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.
Added sugars in beverages

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

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

*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
