



Sugar Sense:

Learning how to reduce your sugar intake

Sugar in our diet comes from different sources, not just from cakes and candy. Too much sugar can lead to health issues like heart disease, diabetes, dental cavities, obesity, and other serious conditions. This is why it is so important to know how to read the labels on packaged foods to find out how much sugar is contained in a product. Foods can contain both natural and added sugar. Added sugar can make a product sweeter while adding a lot of “empty calories” to it. Empty calories provide little to no nutrients for your body.

The American Heart Association recommends:

- Women consume no more than 6 teaspoons (100 added calories or 24 grams) of sugar per day
- Men consume no more than 9 teaspoons (150 added calories or 36 grams) of sugar per day
- More information can be found at www.heart.org

Easy Tips to Reduce Your Daily Sugar Intake



Helpful tip: 1 teaspoon of sugar = 4 grams of sugar

Example: The Nutrition Facts label on the left is for a food item whose serving size is 1/2 the package.

- ◆ It contains 36 grams of sugar per serving
- ◆ **36 grams divided by 4 = 9 teaspoons** of sugar per serving (1/2 the package)
- ◆ If you eat the entire package, that’s 18 teaspoons in total from just one food item. Much more than the recommended daily amount for both men and women.

Nutrition Facts	
Serving Size	1/2 package
Amount Per Serving	
Calories 1,090	Calories from Fat 410
%Daily Value*	
Total Fat 45g	69%
Saturated Fat 24g	120%
Trans Fat 1g	
Cholesterol 120mg	40%
Sodium 1,590mg	66%
Total Carbohydrate 142g	47%
Dietary Fiber 4g	16%
Sugars 36g	
Protein 31g	
Vitamin A 15%	Vitamin C 8%
Calcium 35%	Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet.

In addition to candy, soda and desserts, here are some common sources of added sugar that may surprise you:

- | | | | |
|--------------|----------------|--------------|--------------|
| Dried Fruit | Frozen foods | Protein Bars | Canned Soup |
| Granola Bars | Cereals | Fruit Juices | Canned Fruit |
| Cereal | Pasta Sauce | Yogurt | |
| Condiments | Salad Dressing | Bread | |

Check the Label!

Did You Know?

- ◇ Ingredient lists on package foods always begin with the ingredient that is the largest. So if the list starts with a sugar, then that food has more sugar in it than any other ingredient. It is best to avoid those foods!
- ◇ Other names for sugar often end in the letters O-S-E
Example: Dextrose and Sucrose

Be sure to check the food labels for these other names for sugar that can be hidden throughout an ingredient list. Common examples include:

Sugar	Brown Sugar	Malt Syrup
Maple Syrup	Molasses	Cane Crystals
Fructose	Cane Sugar	Glucose
Sucrose	Syrup	Dextrose
Maltose	Corn Syrup	Honey



You can also try these simple tips from MyPlate to help reduce your daily sugar intake:

- ◆ You can limit your intake of added sugars by drinking water, unsweetened tea or coffee, or other calorie-free beverages instead of sodas or other sweetened beverages.
- ◆ Choose beverages, such as low-fat or fat-free milk and 100% fruit juice, that will boost Dairy Group and Fruit Group intake to meet recommendations.



- ◆ Choose fruit as a naturally sweet dessert or snack instead of foods with added sugars.
- ◆ Make sweet desserts and snacks, such as cookies, cakes, pies, and ice cream, a once-in-a-while treat and choosing a small portion when you enjoy them.
- ◆ Choose packaged foods that have less or no added sugars such as plain yogurt, unsweetened applesauce, or frozen fruit with no added sugar or syrup.
- ◆ See more at: www.choosemyplate.gov.

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