

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.

Current Nutrition Facts Label

Does not separate natural and added sugars

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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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.	

New Nutrition Facts Label

(required by 2021)

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

Center for Disease Control and Prevention.(2016). Know your limit for added sugars. Retrieved from <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>

United States Department of Agriculture. (2016). What are added sugars? Retrieved from <https://www.choosemyplate.gov/what-are-added-sugars>