

Are you sugar savvy?

The average American consumes about 22 teaspoons of sugar per day. That's about 355 calories.



Where are we getting all this sugar?



Added sugars are added to foods or beverages as they are processed. Baked goods, sports and energy drinks, soda, bread, flavored yogurt, salad dressing and ketchup are some examples of foods with added sugar. **Often, Foods that have reduced salt or fat have more sugar.**



Natural sugars occur naturally in fruit and milk.



These foods provide protein, vitamins, fiber and other disease-fighting nutrients, and are an important part of a balanced diet.

Why sugar is not-so-sweet for your health

- Added sugars create foods that are high in calories but have no nutritional value.
- Excess calories contribute to obesity. Obesity is linked to heart disease, type 2 diabetes, stroke, some types of cancer and other diseases.
- Our bodies don't need excess sugar to function.
- Filling up on foods that are high in sugar leaves less room for foods with more nutrients.

The American Heart Association (AHA) recommends limiting the amount of sugar in your diet. They recommend that:

- Women have no more than 100 calories per day, or about six teaspoons of sugar
- Men have no more than 150 calories per day, or about nine teaspoons of sugar

The AHA recommendations focus on **all** added sugars.

Sugar could be hiding from you

Read the food label:

- Look at the ingredients list.
- Natural and added sugars count as total grams of sugar on the food label.
- Sugar is stated in grams. There are four grams of sugar in a teaspoon.

Added sugars lurk in many processed foods under other names. Some examples of this are high fructose corn syrup, maltose, molasses, honey or fruit juice concentrate.

Tips for reducing sugar in your diet

- Read food labels. You may be surprised how much sugar is in your overall diet.
- Take sugar, syrup, honey and molasses off the table.
- Cut the usual amount of sugar you add to a recipe by half.
- Buy sugar-free or low-calorie beverages.
- Buy fresh fruits, or fruits canned in water or juice instead of syrup.
- Add fresh or dried fruit to cereal for sweetness, instead of eating sugared cereal.
- Use extracts or spices to add flavor.

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