

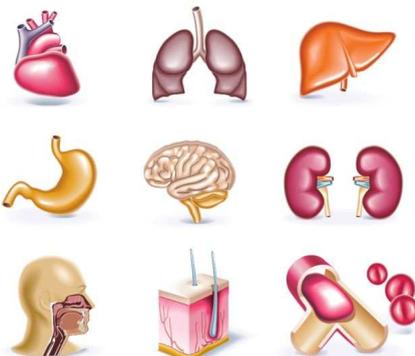
Why avoid?

- Can help reduce blood pressure, LDL cholesterol, belly fat & weight gain, risk of heart attack, risk of Alzheimer's and dementia, risk of certain cancers, risk of diabetes, fatigue, depression & anxiety
- Helps control blood sugar, sugary food cravings & overeating
- Promotes brain health & skin health (dullness, wrinkles, acne), immune system & healthy organs
- Helps prevent fatty liver disease, dental decay and cavities

Where are they commonly found?

- Sugar-sweetened beverages (such as energy drinks, flavored waters, fruit drinks, soft drinks, sports drinks, and sweetened coffee and tea)
- Ready-to-eat foods, like pizza and pasta sauces
- Dairy (such as flavored yogurts & milk, ice cream, other frozen desserts, puddings)
- Grain-based products (bread, snack foods, crackers, and desserts such as brownies, cakes, cookies, doughnuts, pastries, pies, and sweet rolls)
- Sweets (such as candies, jams, sweet toppings, and syrups)

Nutrition supports health of ALL organs



ADDED SUGARS

Added sugars are sugars added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits. Most Americans get too many calories from added sugars, which can have consequences on health. Food is fuel. It is up to us to choose nutritious food options for energy, disease prevention, and promotion of well-being. Limit added sugars and choose the fuel that sustains and maintains for a healthy weight and lifestyle.

Sugar alter egos

Sugar may be added in various forms. You'll see these listed in the ingredients list. Examples include:

Brown sugar, corn sweetener, corn syrup, high-fructose corn syrup, beet sugar, brown rice syrup, cane sugar, dextrose, fructose sweetener, fruit juice concentrates, glucose, honey, invert sugar, lactose, maltose, malt syrup, maple syrup, molasses, pancake syrup, raw sugar, sucrose, trehalose, and turbinado sugar.

Take action!

- Limit intake of added sugars to less than 6 teaspoons (24 grams) per day for women; less than 9 tsp (36 g)/ day for men
- Read nutrition facts label. Look at total sugar content on the label. Most labels do not distinguish between added sugars and those that are naturally occurring, but you can get an idea whether the product contains added sugars from reading the ingredients list.
- Choose plain, unsweetened, no sugar added food options (yogurt, milk, oatmeal, etc) and add your own flavorings, such as vanilla extract, cinnamon, or a little bit of sweetener. You can control the amount of sugar and drastically reduce sugar intake by adding your own within the daily recommendations.
- Instead of sugars, syrups, or other sweet toppings, use fruit to flavor and top foods like oatmeal and pancakes. Ripe bananas are very sweet and versatile.
- Limit intake of drinkable calories. Sugar-sweetened beverages are leading intake of added sugars. Choose water instead.