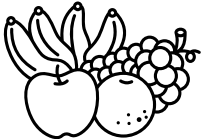


WHAT do I need to know about sugar?

Natural vs Added Sugars



Naturally occurring sugars are found in foods such as fruit



Added sugars include any sugars that are added to foods or beverages during processing or preparation

Added sugars are often "hidden" in packaged foods, including sugary drinks, snacks, and condiments.

The American Heart Association recommends limiting daily "added" sugar to:

25 grams (6 tsp) for women

36 grams (9 tsp) for men

For reference, a 12-ounce can of soda can contain 32 grams of added sugar. Imagine, an entire day's worth of added sugar consumed after only one drink!

Excessive sugar is linked to...



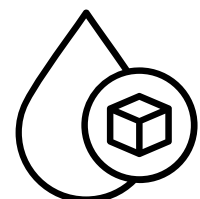
Obesity



Dental concerns



Heart disease



Type 2 Diabetes

HOW can I identify added sugars?

You can find added sugars in the ingredient list on the food label.

Names for added sugars on labels:

High Fructose Corn Syrup	Fruit Juice Concentrate
Honey	Glucose
Syrup (any form)	Raw Sugar
Agave	Brown Sugar
Sucrose	Molasses

Ingredients on food labels are listed in order of highest to lowest volume, meaning **if one of these types of sugar is listed in the first few ingredients, that item is higher in sugar.**

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), **CORN SYRUP**, **SUGAR**, SOYBEAN AND PALM OIL (WITH TRHQ FOR FRESHNESS), **CORN SYRUP SOLIDS**, **DEXTROSE**, **HIGH FRUCTOSE CORN SYRUP**, **FRUCTOSE**, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.

If you see multiple types of sugar in an ingredients list, that is also a good clue that the item is higher in added sugars.

5-Steps to Reading a Nutritional Label:

1. Check the serving size: The nutrients listed are based on ONE serving. Many packages contain more. If you double the serving you are eating, you will double the calories and nutrients and %Daily Values.

2. Calories: Look at the calorie content per serving to understand how much energy you'll obtain from consuming that food.

4. % Daily Value: The % Daily Value (%DV) indicates how much of each nutrient in one serving contributes to your total daily recommended intake.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
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 240mg	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.

3. Nutrients: Examine the amounts of different nutrients listed on the label, including fats (such as saturated and trans fats), carbohydrates, sugars (both natural and added), fiber, and protein.

5. Ingredients: Review the ingredient list to understand what's actually in the food. Look out for added sugars.

WHAT small changes can I make to reduce my sugar intake?



Identify sources of sugar in your diet by looking at nutrition labels



Opt for fruit-infused water or unsweetened drinks



Get plenty of sleep! Sleep deprivation can increase your cravings for sweets



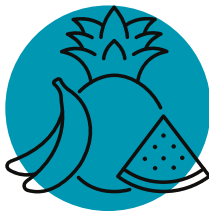
Dilute juice with water or try half sweetened, half unsweetened tea



Purchase smaller cans and bottles of soda, juice, and energy drinks



Cook at home to control the amount of added sugars in your food and experiment with alternatives



Opt for fresh fruits, nuts, or yogurt to help curb sugar cravings



Keep foods high in added sugar in the pantry instead of in an easy-to-grab location

Gradually reducing sugar intake and making small, sustainable changes to your diet can lead to long-term health benefits and improved overall well-being.

What next?



Talk with your house chat group about additional strategies and what could work for you!

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Take a moment to **commit** to one specific action or **goal** focused on reducing sugar intake this week

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Consider goals that makes sense for you personally! For example, if you don't drink many sugar sweetened beverages, this may not be an area where a small change makes sense