

Limit Added Sugar

Sugar in food can occur naturally or can be added. Sugars (simple carbohydrates) are digested quickly and change to glucose as fuel for the body. Too much sugar is not good for you.



Natural Sugar

Natural sugar is in fruits and naturally sweetened fruit juices, milk, and some vegetables.



Added Sugar

Added sugars are syrups and sugars that are added to foods and drinks during preparation, processing, or at the table.

Too much added sugar may contribute to health problems such as, **weight gain, obesity, and diabetes.**

Eating large amounts of added sugar may make it difficult to get all the daily nutrients your body needs and may cause you to consume too many calories.

Major Sources of Added Sugar



Sugar Sweetened Drinks

- Sodas & Soft Drinks
- Teas & Coffees
- Energy & Sport Drinks
- Powdered Drink Mixes
- Fruit Drinks



Desserts

- Cupcakes & Muffins
- Cakes & Pies
- Ice Cream
- Cookies & Donuts
- Candy



Sweet Breakfasts

- Sweet Cereals
- Cereal Bars
- Pastries
- Pancakes with Syrup
- Flavored Yogurt



Syrups and Sweets

- Jams
- Jellies
- Chocolate Syrup
- Honey
- Molasses

Reducing Added Sugar

- Choose sugary foods and drinks less often.
- Have smaller servings of sugary foods or drinks.



SWAP THIS



- Sodas, sports and energy drinks
- Sweet desserts
- Candy bar
- Cookies
- Sweetened cereals

FOR THAT

- Fruit infused water or tea
- Fresh fruit or frozen fruit pops
- Smoked salmon or dried meat
- Peanut butter with celery
- Blue corn mush or cereals with less than 3 grams (g) sugar



Nutrition Facts

8 Servings Per Container

Serving Size 8 fl.oz.

Amount per serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 0g 0%

Total Sugars 23g

Includes 23g Added Sugars 46%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 40mg 0%

* 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.

Let the Nutrition Facts Label Be Your Guide

Check the label to see if foods are **LOW** or **HIGH** in added sugars.

- 5% Daily Value or less is **LOW** in added sugar
- 20% Daily Value or more is **HIGH** in added sugar

In this example, the added sugar is 23 grams, and the Daily Value is 46%. This food is high in added sugar.

The Daily Value for added sugars is 10% of total calories per day.

For example, if your daily food intake is about 2,000 calories, this would be 50 grams of added sugars.

