

Added Sugars



Naturally Occurring Sugars

Sugars that are naturally occurring in food.



Added Sugars

Sugars that are added to foods during processing, preparation, or at the table.



Look for these common forms of added sugar on an ingredient list!

Ingredients: High Fructose Corn Syrup, Sugar (white, brown, turbinado, raw, ect.), corn sweetener, corn syrup, honey, glucose, corn syrup solids, invert sugar, lactose, malt syrup, maltose, fructose, sucrose, maple syrup, molasses.

Common Sources of Added Sugars

1. Sugar-sweetened beverages
2. Snacks and sweets
3. Grain-based snacks and desserts
4. Sweetened dairy products
5. Condiments

Recommended Intake of Added Sugars

LESS THAN 10% of total calories!

On a 2,000 calorie eating pattern, this would be

12 teaspoons = 50 grams



Choices to reduce your intake of added sugars:

Instead of:



Soda or fruit flavored drinks

Ice Cream



Sugar Sweetened Cereals



Flavored Milk



Salad Dressing



Choose:

Water or 100% fruit juice



Frozen 100% fruit bars



Oatmeal with fruit



Unflavored low-fat milk



Oil and Lemon Juice



SOURCES: USDA 2015-2020 Dietary Guidelines for Americans; Food and Nutrition Service, Team Nutrition