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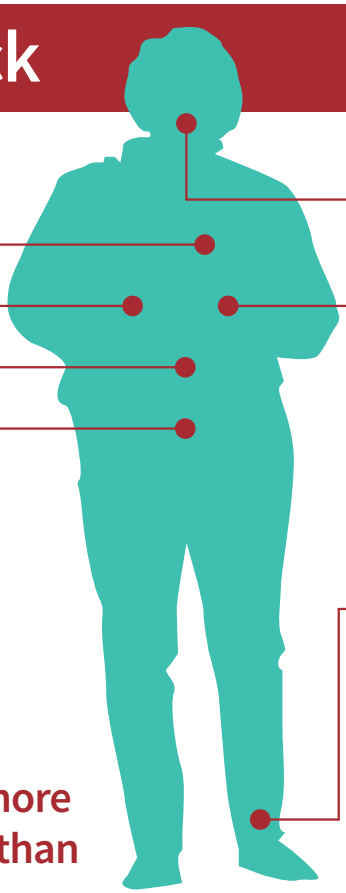
Simple | Delicious | Satisfying

Rethink Your Sweets

Added sugar is sugar added to processed or prepared foods.

SUGAR: Making us sick



- Tooth decay
- Heart disease
- Non-alcoholic fatty liver disease
- Diabetes
- Obesity
- Metabolic syndrome
  - Higher blood pressure, blood sugar, triglycerides
  - Lower "good" cholesterol
  - More belly fat
- Gout

The American Heart Association recommends that women have no more than 6 teaspoons and men no more than 9 teaspoons of added sugar per day.

SUGAR: Too much of a sweet thing

What we should eat/drink

6 teaspoons of added sugar recommended for **women** per day

9 teaspoons of added sugar recommended for **men** per day

What we actually eat/drink

23 **teaspoons actual added sugar consumed by average American per day**

15 teaspoons of added sugar in a 20-oz. soda

Tips to avoid added sugar

- Read labels. Much of the sugar that we eat is in processed foods, some of which may not even be sweet.
- Limit sweets, sugary beverages, and foods high in added sugar.
- Choose foods in their natural form as opposed to highly processed foods.
- Choose unsweetened versions of yogurt and oatmeal and add only a touch of sweetness.

Use the food label to help you select foods low in added sugar.

MED Tips

Read labels

Side-by-Side Comparison

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Original Label

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 235mg	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.

New Label

New Label: Added sugar required.

Sugar has all types of names, but anytime you see a word ending in "OSE" you can be certain that that ingredient is a type of sugar.

Sugar by Other Names

- Agave nectar
- Brown sugar
- Cane sugar
- Corn sweetener
- Corn syrup
- Fruct**OSE**
- Dextr**OSE**
- Evaporated cane juice
- Fruit juice concentrate
- Gluc**OSE**
- High fruct**OSE** corn syrup
- Honey
- Invert sugar
- Malt**OSE**
- Malt syrup
- Maple syrup
- Raw sugar
- Turbinado sugar
- Sucr**OSE**
- Syrup

Manufacturers may break apart different kinds of sugar so that it does not appear as the first ingredient.*

The ingredient list can be deceiving. Sugar is listed four times.

INGREDIENTS: CORN (WHOLE GRAIN CORN, MEAL), SUGAR, REESE'S CREAMY PEANUT BUTTER™ (ROASTED PEANUTS; SUGAR; CONTAINS 2% OR LESS OF: MONO AND DIGLYCERIDES, PEANUT OIL; SALT; MOLASSES AND CORN STARCH), DEXTROSE, MODIFIED CORN STARCH, CANOLA AND/OR RICE BRAN OIL, CORN SYRUP, SALT, HERSHEY®'S COCOA, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, RED 40, YELLOWS 5&6, BLUE 1 AND OTHER COLOR ADDED, TRISODIUM PHOSPHATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), ARTIFICIAL FLAVOR, VITAMIN B_6 (PYRIDOZINE HYDROCLORIDE), BITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D, WHEAT FLOUR. VITAMIN E (MIXED TOCOPHEROLS) AND TBHQ ADDED TO PRESERVE FRESHNESS.

*Ingredients are listed in order of weight, with the ingredient present in the largest amount by weight listed first.

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