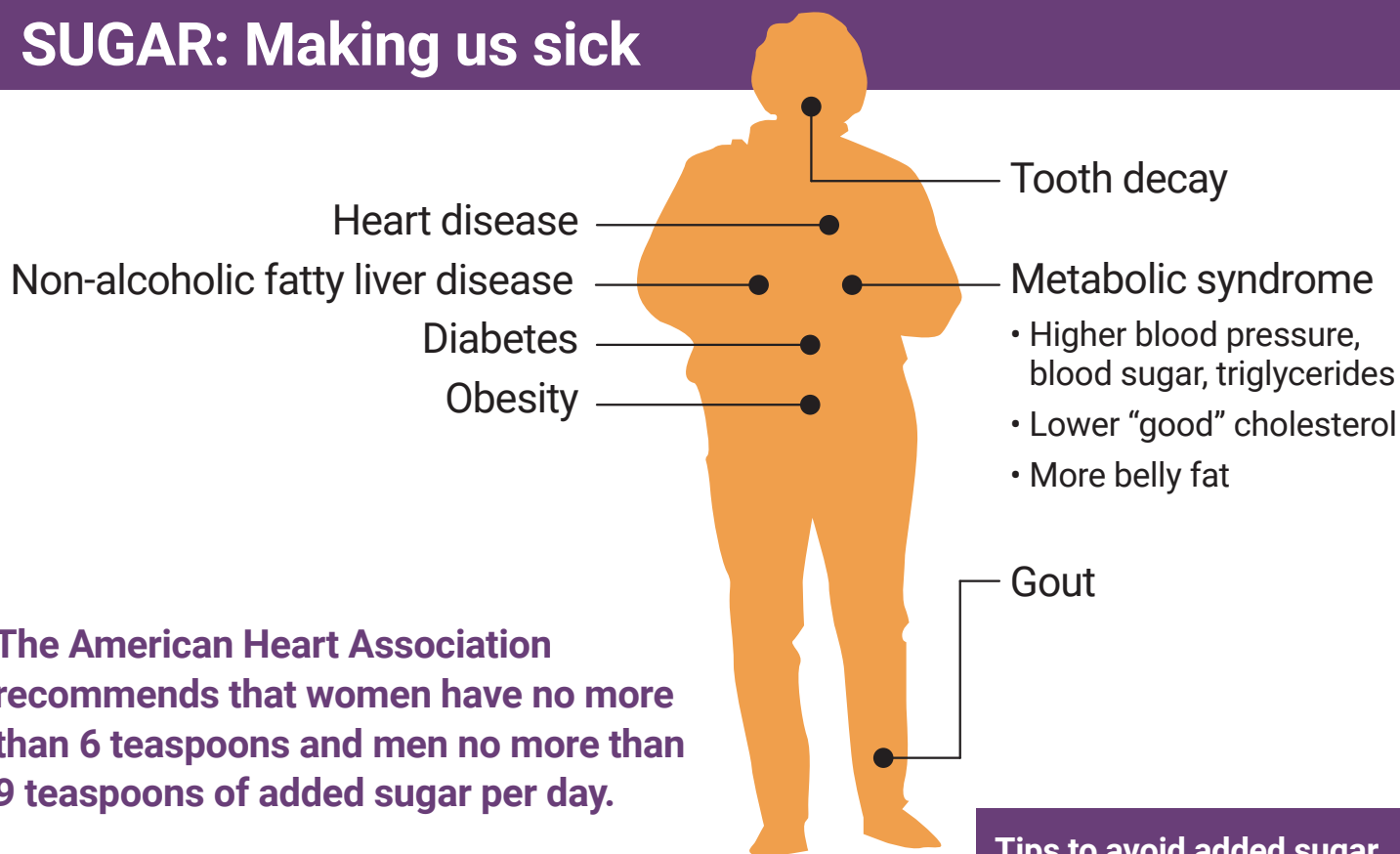


# Rethink Your Sweets

**Added sugar** is sugar added to processed or prepared foods.

## SUGAR: Making us sick



## 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



Look for  
added sugar  
on the nutrition  
facts label.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Nutrition Facts		Nutrition Facts	
10 servings per container		Amount/serving	
<b>Serving size</b>	<b>2 slices (56g)</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
<b>Calories</b>	<b>170</b>	<b>Total Fat</b> 1.5g	<b>2%</b>
		Saturated Fat 0.5g	<b>3%</b>
		Trans Fat 0.5g	
		<b>Cholesterol</b> 0mg	<b>0%</b>
		<b>Sodium</b> 280mg	<b>12%</b>
		Vitamin D 0mcg 0%	Calcium 80mg 6%
		Iron 1mg 6%	Potassium 470mg 10%
		Thiamin 15%	Riboflavin 8%
		Niacin 10%	
		<b>Total Carbohydrate</b> 36g	<b>13%</b>
		Dietary Fiber 2g	<b>7%</b>
		Total Sugars 1g	
		Includes 1g Added Sugars	<b>2%</b>
		<b>Protein</b> 4g	

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	Evaporated cane juice	Invert sugar
Brown sugar	Fruit juice concentrate	MaltOSE
Cane sugar	Glucose	Malt syrup
Corn sweetener	High fructose corn syrup	Maple syrup
Corn syrup	Honey	Raw sugar
Fructose		Turbinado sugar
Dextrose		Sucrose
		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, HERSEY'S COCOA, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, RED 40, YELLOW 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<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), BITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B<sub>12</sub>, 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.