

Added Sugars

- Added sugars are sugars added to processed or prepared food.
- Consuming too much added sugar could make you sick or even shorten your life.

Where Do Added Sugars Come From?



Sugary Drinks

Soda
Sports Drinks
Energy Drinks
Sweetened Juice
Flavored Milk



Unbalanced Breakfasts

Sugary Cereals
Granola
Sweetened Oatmeal
Breakfast Bars
Energy Bars



Cold Treats

Ice Cream
Frozen Yogurt
Popsicles
Sherbet & Sorbet
Gelato



Sweet Syrups

Pancake Syrup
Fruit Syrups
Coffee Flavors
Drink Mixers
Jellies & Jams



Baked Goods

Bread
Cakes & Pastries
Cookies & Pies
Doughnuts
Bagels

Recommended Daily Limit of Added Sugars

Women

6

teaspoons
or fewer

25

grams
or less

Men

9

teaspoons
or fewer

36

grams
or less

Health Risks Of Excess Added Sugar



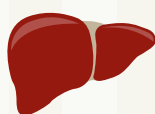
Type II Diabetes



Weight Issues



Heart Disease



Fatty Liver Disease
(Contributor to Diabetes)

Reading Nutrition Labels is Important!

Order Matters!

Ingredients used in greatest amounts are listed first.

Avoid Sugar Substitutes

Such as fructose and High Fructose Corn Syrup (HFCS)

Watch For Carbohydrates

Carbs are turned into a simple sugar called glucose.

Easy Ways to Avoid Excess Added Sugars



Check nutrition labels and ingredients



Choose simple foods over processed ones



Limit sweets and sugary drinks



Rinse fruits if they are canned in syrup