

Limiting added sugar



Sugar vs. Sugar

- Not all sugar is created equal, but it can be hard to understand all the different kinds of sugar.
- **Natural sugar**—a part of foods that are also fabulous sources of other great nutrients like fiber, protein, vitamins, and minerals. *Include in your diet!*
 - Milk sugar (lactose)
 - Fruit sugar (fructose)
- **Added sugar**—added to products when they are being processed/prepared. These foods are usually high in sugar but low in other good nutrients like fiber, protein, vitamins, and minerals. *Limit in your diet!*
 - Table sugar (sucrose)
 - Limit added sugar per day to:
 - Women: 25 grams
 - Men: 36 grams

The many names of sugar

Agave nectar	Glucose
Brown sugar	High-fructose corn syrup
Cane crystals	Honey and Raw Honey
Cane sugar	Invert sugar
Corn sweetener	Maltose
Corn syrup	Malt syrup
Crystalline fructose	Maple syrup
Dextrose	Molasses
Evaporated cane juice	Raw sugar
Fructose	Sucrose
Fruit juice concentrates	Syrup

Why do we want to limit added sugar?

- Average American consumes 22 teaspoons = 88 grams per day (352 calories)
- No nutritional need or benefit for added sugar
- Adds unnecessary extra calories
 - Can lead to weight gain
 - Overweight or obesity can increase risk for heart disease
- Children and teens who consume too much added sugar
 - Don't get enough calcium
 - Important for strong bones and teeth
- Tooth decay
- Inflammation in the body

Sweeteners

- #1 goal is decreasing sugar and sweet foods
 - Eating sweet foods = craving sweet foods
- National Cancer Institute¹
 - No sound scientific evidence that artificial sweeteners cause cancer or other serious health problems.
 - Numerous research studies confirm that artificial sweeteners are safe in limited quantities, with most Americans consuming considerably less than the maximum threshold
 - Artificial Sweeteners
 - Acesulfame potassium
 - Aspartame (Equal)
 - Saccharin (Sweet 'N Low)
 - Sucralose (Splenda)
 - Sugar Alcohols
 - Erythritol
 - Mannitol
 - Sorbitol
 - Novel Sweeteners
 - Stevia

¹ - <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/artificial-sweeteners-fact-sheet>



More information at celebratemore.com/dietitians

Available at all

