

# Limiting added sugar



## Why do we want to limit added sugar?

- The average American takes in far more added sugar than the daily recommended limit
- Sugar contributes calories through carbohydrates, but doesn't deliver other key nutrients.
- Limiting added sugar can help manage calorie intake
- Sugar can contribute to cavities if teeth aren't brushed regularly

## 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 10% of daily calories (ex: for a 2,000-calorie diet, that's 50 g of added sugar)



## The many names of sugar

Agave nectar

Brown sugar

Cane crystals

Cane sugar

Corn sweetener

Corn syrup

Crystalline fructose

Dextrose

Evaporated cane juice

Fructose

Fruit juice concentrates

Glucose

High-fructose corn syrup

Honey and Raw Honey

Invert sugar

Maltose

Malt syrup

Maple syrup

Molasses

Raw sugar

Sucrose

Syrup

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They are available to answer your nutrition questions, share recipes, and provide resources.

## Sweet Swaps

**Craving something sweet? Here are a few ways to sweeten things up while limiting added sugars.**

- **Fruit First:** Fruits provide natural sugar plus other essential nutrients.

- Mashed bananas
- Unsweetened applesauce (a great baking swap)
- Dates

- **Spices and Extracts**

- Vanilla or almond extract
- Cinnamon
- Nutmeg
- Cardamon

- **Better-for-you sweeteners:** Low and no calorie sweeteners offer an alternative to added sugars. Research shows they are safe when consumed in moderation.

- Artificial sweeteners like aspartame (Equal) and sucralose (Splenda)
- Sugar alcohols like erythritol and sorbitol
- Stevia and monk fruit

\*Note: alternative sweeteners may cause digestive upset for some people.

 **registered dietitian team**

