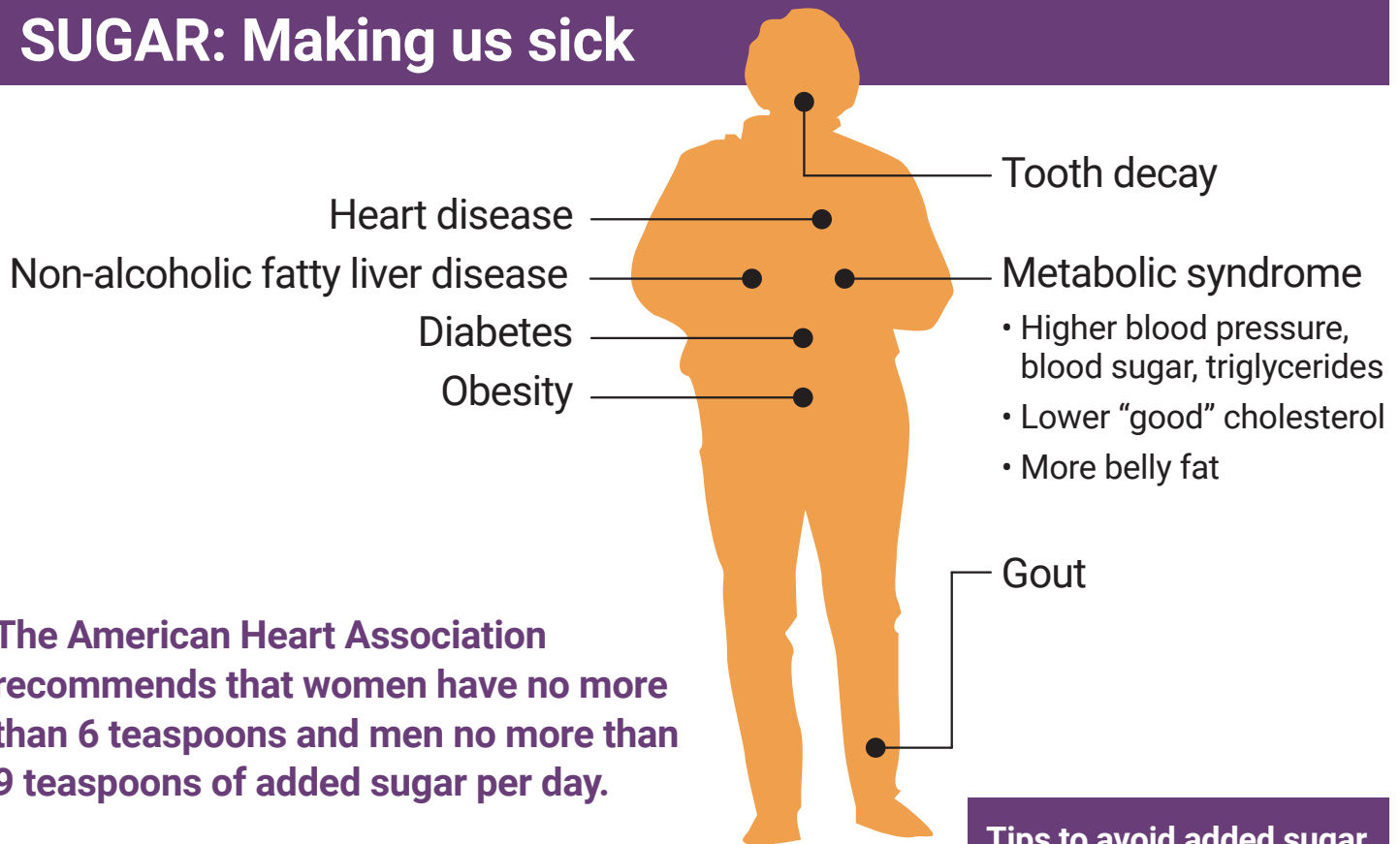


Rethink Your Sweets

Added sugar is sugar added to processed or prepared foods.

SUGAR: Making us sick



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.

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.

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

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 | |
| 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% |

| Nutrition Facts | | Nutrition Facts | |
|---------------------------|-----------------------|-------------------------------|---------------------|
| 10 servings per container | | Amount/serving | % Daily Value* |
| Serving size | 2 slices (56g) | Total Fat 1.5g | 2% |
| Calories | 170 | Saturated Fat 0.5g | 3% |
| | | Trans Fat 0.5g | |
| | | Cholesterol 0mg | 0% |
| | | Sodium 280mg | 12% |
| | | Vitamin D 0mcg 0% | Calcium 80mg 6% |
| | | Iron 1mg 6% | Potassium 470mg 10% |
| | | Thiamin 15% | Riboflavin 8% |
| | | Niacin 10% | |
| | | Amount/serving | % Daily Value* |
| | | Total Carbohydrate 36g | 13% |
| | | Dietary Fiber 2g | 7% |
| | | Total Sugars 1g | |
| | | Includes 1g Added Sugars | 2% |
| | | Protein 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 | Maple syrup |
| Corn syrup | corn syrup | Raw sugar |
| FructOSE | Honey | 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, HERSHEY'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 B₆ (PYRIDOZINE HYDROCHLORIDE), BITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, 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.