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Sugar is found naturally in healthy and non-processed foods, such as fruits and vegetables. Processed and packaged foods have added sugars in order to enhance flavors and to extend shelf life. To determine whether sugar has been added to foods, closely review the product's ingredients label. Added sugars come in different forms and in over 60 names. Some major clues that an ingredient is actually an added sugar is:

- It has syrup (Examples: corn syrup, rice syrup)
- The word ends in “ose” (Examples: fructose, sucrose, maltose, dextrose)
- “Sugar” is in the name (Examples: raw sugar, cane sugar, brown sugar, confectionary sugar)
- Others include fruit nectars, concentrates of juices, honey, agave, barley malt and molasses.





## ~REDUCING YOUR SUGAR INTAKE~

- Look for breakfast cereals and granola bars with 9 g of sugar or less per serving.
- For yogurts, avoid flavored yogurts which often have 15-20g added sugars. Choose 100% plain Greek yogurt and add fresh fruit.
- Limit intake of sauces and condiments, use sparingly. Tomato sauce and ketchup are often high in added sugars.
- Look for brands with no added sugar or make your own tomato sauce using fresh tomatoes.
- For salad dressings, purchase dressings that are known to have low sugar content like balsamic vinegar. Make homemade salad dressings with olive oil and vinegar.
- Choose natural peanut butter over regular peanut butter.
- For breads, look for brands that have 2g or less of sugar and that are 100% whole wheat or 100% whole grain.
- Flavored instant oatmeal may have up to 8 g of added sugar. Eat plain instant oatmeal instead and add fresh fruit and spices like cinnamon and nutmeg to flavor.

Become conscious of your sugar intake and begin making simple dietary changes for a healthier future!

**Reference:** <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

**Disclaimer:** The included information is not meant to or should not be used to replace or substitute medical treatment, recommendations, or the advice of your physician or health care provider. The information contained within is strictly for educational purposes and is based on evidence-based nutrition. If you believe you have a medical problem or condition, please contact your physician or healthcare provider.