August 2022

VELMA B. COX FOUNDATION

For Type 2 Diabetes & High Blood Pressure



Hidden Sugar In the Foods We Eat ~Written by Dr. Samantha Williams, ND, RDN~

Reducing sugar intake is an important aspect in developing healthy eating habits. We all have heard about reducing our sugar intake by avoiding cookies, cakes, candies, juices and soda. However, even when making these efforts, we are likely still consuming more sugar than we realize.

According to the American Heart Association (AHA), the average American eats 22 teaspoons of added sugar each day. Excess sugar can lead to weight gain, and diabetes, as well as, increase our risk of heart disease. The AHA recommends limiting added sugar to 25 grams (6 teaspoons) per day for women and 36 grams (9 teaspoons) per day for men. Therefore, knowing where sugar potentially may be hiding in foods, can dramatically improve our health outcomes.

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YourHealth@ velmacoxfoundation.org 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

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