

Sugar

Your body needs sugars as fuel to work properly, but too much sugar can be bad for your health. Diets higher in sugar are associated with an increased risk of developing heart disease, diabetes, dental issues, and depression.



So how much sugar should I be eating?

There is no Daily Value listed for sugar. The new food label will have a Daily Value for **added** sugar. Sugar has powerful lobbyists behind it so it can be hard to find out how much is safe to eat per day.

The American Heart Association recommends **no more than 6 teaspoons (25 grams) per day**. For perspective, a 12-ounce can of soda contains 8 teaspoons (32 grams) of added sugar!

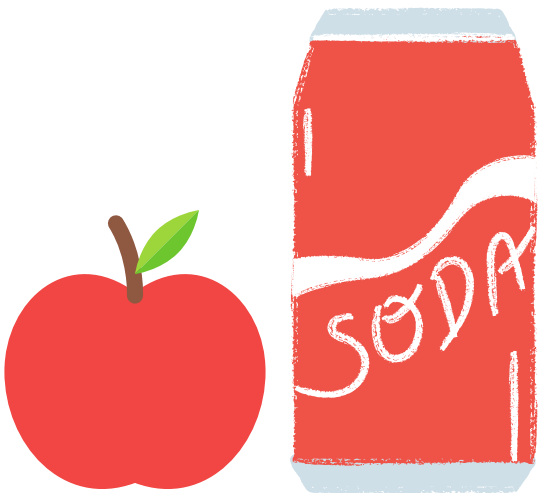
Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	



The % Daily Value is the percentage for each nutrient in a serving of the food, and it shows how much of a nutrient contributes to a total daily diet.

Natural vs. added sugars



Natural sugars are a part of the food (like the sugars in fruits or milk) while added sugars are added as an ingredient, like sugar in a soda. Natural sugars usually have other nutritional value besides the sugar, like fiber and vitamins in an apple. The fiber in the apple slows the digestion of sugar into our blood. The added sugar in soda hits our bloodstream all at once, and that spike is not as good for our bodies.

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How can I cut down on added sugars?

You can live a healthy life while finding pleasure in the foods you love. Check out food labels and see how much added sugar you are already eating. Is there a snack or meal you buy that you could start to make yourself? Cooking at home gives you more control on how much added sugar you eat.

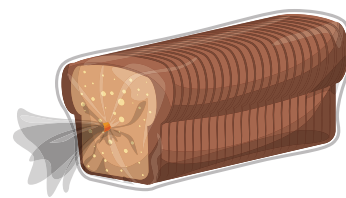
50% of the added sugar we consume comes from beverages.

- If you drink soda, select a smaller size.
- Prepare your favorite drinks at home: make smoothies, infused water, and try your own sodas made with fruit juice!



Sugar sleuthing tips:

- Added sugars go by a lot of different names such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, and turbinado sugar.
- Look for the word **syrup** or words ending in “**ose**” in the ingredients list.
- Don't be fooled! Honey and brown rice syrup, for example, may sound healthier, but added sugars are added sugars.
- The higher up added sugars are on the list, the more added sugar there is in the product.
- Added sugars hide in foods that you might not expect. They're common in foods like pasta sauces, crackers, pizzas, and more.



What about artificial sweeteners?

Artificial sweeteners – like saccharin, aspartame, acesulfame potassium (Ace-K), and sucralose – won't spike your blood sugar the same way sugar does, so they can be a good alternative for people with diabetes. However just like sugar, they should be consumed in moderation. Some artificial sweeteners can give people stomachaches and headaches.

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