

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 eat?

There's no Daily Value listed for sugar. The new food label will have a Daily Value for **added** sugar. The sugar industry 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) of sugar per day**. For perspective, a 12-ounce can of soda contains 8 teaspoons (32 grams) of added sugar!

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.

Nutrition Facts	
25 servings per container	
Serving size	1 TBSP (19g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Total Sugars 11g	
Includes 11g Added Sugars 22%	
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Natural vs. added sugars

Natural sugars are a part of the food (for example, there are naturally occurring sugars in fruits and milk). Added sugars are separate ingredients (such as sugar in soda). Natural sugars usually have other nutritional value besides the sugar (such as fiber and vitamins in apples). 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 isn't 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. Read food labels carefully to see how much added sugar you're already eating. Is there a snack or meal you buy that you could start to make for 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 still 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 good alternatives for people with diabetes. However just like sugar, they should be consumed in moderation. Some artificial sweeteners can give people stomachaches and headaches.

