

Do you Know How Much Added Sugar is in Your Food?

Ideally, we limit our added sugar intake to no more than 5% of total calories. For a 2,000 calorie diet, that's 25 grams or less per day. For a 1,600 calorie diet, that's 20 grams or less. Even lower is better. Remember the more added sugar you eat, the more likely you are to crave it!

Where can I find *added sugar* on food labels?

Unfortunately reading the label won't always help, because labels show you only the total carbohydrate and total sugar content. Total carbohydrate includes not only sugar, but also complex carbohydrates such as those found in grains and starchy vegetables like potatoes. Total sugar is made up of naturally occurring sugars like those found in fruit and some vegetables. Dairy products also contain naturally occurring sugar in the form of lactose. For most desserts and non-fruit juice based beverages, the total sugar content will be all added sugar.

| Nutrition Facts | |
|--|------------|
| Serving Size 1 Cake (43g) | |
| Servings Per Container 5 | |
| Amount Per Serving | |
| Calories 200 Calories from Fat 90 | |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 0g | 0% |
| Sugars 19g | |
| Protein 1g | |



What qualifies as *added sugar*?

Added sugar refers to any sugar that is added to a food or beverage. The naturally occurring sugar in fruit or fruit juice, for example, is not considered *added sugar*. The sugar in sodas, other sugar-sweetened beverages, desserts, sweetened yogurts, cereals, and granola bars are all added sugar.

You will find sugar has many different names. Make sure to check the ingredient list to see if a food has added sugar. Remember that ingredients are listed in order of amount, so if any form of sugar is close to the top of the list you can bet that it's pretty heavily sweetened.

| | | | | |
|------------------|---------------|-----------------------|----------------|------------------|
| Agave nectar | Brown sugar | Demarara | Honey | Rapadura |
| Beet sugar | Coconut sugar | Evaporated cane juice | Maple syrup | Sucanat |
| Brown rice syrup | Date sugar | Florida crystals | Powdered sugar | Whole cane sugar |

ADDED SUGAR CONTENT OF FOOD CHEAT SHEET

Sugar Sweetened Beverages

| | |
|-------------------------------|---------|
| Cola, 32 oz. | 104 g |
| Chocolate Chip Frappe, 16 oz. | 57 g |
| Frappuccino, 16 oz. | 43 g |
| Cola, 12 oz. | 39 g |
| Sweet tea, 16 oz. | 26-36 g |
| Mocha, 12 oz. | 32 g |
| Chai latte, 16 oz. | 19-30 g |
| Gatorade or Powerade, 12 oz. | 21 g |



Best bets: sparkling flavored water, hot tea, kombucha, sparkling water with a splash of 100% fruit juice, unsweetened chai tea with milk an optional teaspoon of honey.

Desserts

| | |
|---|---------|
| DQ Blizzard, small | 50 g |
| M&M's, 1 pkg | 31 g |
| Chocolate/white cake, 1/8 cake | 26-32 g |
| Starburst, fun size pkg | 23 g |
| Hershey's Special Dark, 1.4 oz. (1 bar) | 21 g |
| Apple pie, 1/8 of 9" pie | 21 g |
| Oreos, 3 cookies | 13 g |
| Ice cream, 1/2 cup | 11-12 g |
| Donut, medium | 11 g |
| Dark chocolate - 70% cocoa | 10 g |
| Dark chocolate - 85% cocoa | 5 g |
| Dark chocolate - 90% cocoa | 3 g |



*Best bets: 70-90% cocoa chocolate, *banana "ice cream," *peanut butter cookies sweetened with dates, homemade applesauce, *almond butter brownies, *homemade peanut butter cookies (sweetened with dates)*

ADDED SUGAR CONTENT OF FOOD CHEAT SHEET

Cereals, Energy Bars, and Granola Bars

| | |
|----------------------------|---------|
| Power bar | 25-29 g |
| Clif bar | 22 g |
| Frosted flakes, 1 cup | 15 g |
| Kashi GoLean Crunch, 1 cup | 12 g |
| Nature Valley granola bar | 11-12 g |
| Instant oatmeal, 1 packet | 11 g |
| Fiber One bar | 9 g |
| Grape nuts, 1/2 cup | 5 g |
| Lara bar | 0 g |



Best bets: Lara bars, fruit and nuts bars, unsweetened oatmeal with a drizzle of honey or maple syrup.

Yogurt and Non-dairy Milks

| | |
|-------------------------------|--------|
| Fruit flavored yogurt, 1 cup | 26 g |
| Soy milk, chocolate, 1 cup | 17 g |
| Almond milk, chocolate, 1 cup | 17 g |
| Almond milk, vanilla, 1 cup | 16 |
| Soy milk, vanilla, 1 cup | 8-15 g |
| Almond milk, original | 7 g |
| Soy milk, original | 6 g |
| Soy milk, unsweetened | 0 g |
| Almond milk, unsweetened | 0 g |
| Plain yogurt, 1 cup | 0 g |



Best bets: plain yogurt with fruit and/or a drizzle of honey or maple syrup, unsweetened or original varieties of non-dairy milks.

ADDED SUGAR CONTENT OF FOOD CHEAT SHEET

Hidden Sugars

| | |
|-------------------------------|-------|
| Barbecue sauce, 1/4 cup | 24 g+ |
| Baked beans, 1/2 cup | 12 g |
| Tomato soup, 1 cup | 10 g |
| Tomato sauce, 1/2 cup | 9 g |
| Salad dressing, 2 tablespoons | 5 g |
| Salsa, 1/4 cup | 3 g |
| Ketchup, 1 tablespoon | 3 g |
| Peanut butter, 2 tablespoons | 2 g |



Best bets: Natural unsweetened peanut butter or other nut butter, *homemade barbecue sauce, tomato paste, *homemade salad dressing; unsweetened tomato sauces, beans, and salsas.

*Recipe can be found at margaretwertheimrd.com