

Limiting added sugar



Why do we want to limit added sugar?

- Average American consumes 22 teaspoons = 88 grams per day (352 calories)
- No nutritional need or benefit for added sugar
- Adds unnecessary extra calories
 - Can lead to weight gain
 - Overweight or obesity can increase risk for heart disease
- Children and teens who consume too much added sugar
 - Don't get enough calcium
 - Important for strong bones and teeth
- Tooth decay
- Inflammation in the body

Sugar vs. Sugar

- Not all sugar is created equal, but it can be hard to understand all the different kinds of sugar.
 - **Natural sugar**—a part of foods that are also fabulous sources of other great nutrients like fiber, protein, vitamins, and minerals. *Include in your diet!*
 - Milk sugar (lactose)
 - Fruit sugar (fructose)
 - **Added sugar**—added to products when they are being processed/prepared. These foods are usually high in sugar but low in other good nutrients like fiber, protein, vitamins, and minerals. *Limit in your diet!*
 - Table sugar (sucrose)
 - Limit added sugar per day to:
 - Women: 25 grams
 - Men: 36 grams

Sweeteners

- #1 goal is decreasing sugar and sweet foods
 - Eating sweet foods = craving sweet foods
- National Cancer Institute¹
 - No sound scientific evidence that artificial sweeteners cause cancer or other serious health problems.
 - Numerous research studies confirm that artificial sweeteners are safe in limited quantities, with most Americans consuming considerably less than the maximum threshold
 - Artificial Sweeteners
 - Acesulfame potassium
 - Aspartame (Equal)
 - Saccharin (Sweet 'N Low)
 - Sucralose (Splenda)
 - Sugar Alcohols
 - Erythritol
 - Mannitol
 - Sorbitol
 - Novel Sweeteners
 - Stevia

The many names of sugar

Agave nectar	Evaporated cane juice	Invert sugar
Brown sugar	Fructose	Maltose
Cane crystals	Fruit juice concentrates	Malt syrup
Cane sugar	Glucose	Maple syrup
Corn sweetener	High-fructose corn syrup	Molasses
Corn syrup	Honey and Raw Honey	Raw sugar
Crystalline fructose		Sucrose
Dextrose		Syrup

1 – <https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/artificial-sweeteners-fact-sheet>

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