



Sticky Truth on Sugar



Sugar is found in many everyday foods, some are more obvious than others. When eaten in excess, sources of sugar take place of wholesome, nutritious food. Here's how to identify sugar to keep intake at bay:



Natural Sugar vs. Added Sugar



Natural sugar is an innate compound in fruits, vegetables and dairy products. These foods provide other essential nutrients like fiber, protein, vitamins & minerals.

Added sugars are used to sweeten a food during production. Sources of added sugar provide calories but little-to-no nutrition. It is used in a variety of foods, many you may not expect →

Sources of added sugar:

- Sugary beverages
- Cereals and granola
- Candy and chocolates
- Flavored yogurt
- Baked goods
- Instant oatmeal
- Frozen foods
- Granola bars, protein bars
- Pasta sauce
- Dried fruit, canned fruit, applesauce and juices
- Baby food
- Condiments (BBQ sauce, ketchup, dressing)
- Nut spreads (i.e. peanut butter)

Don't be fooled by sugar in disguise!

Look for added sugars in ingredient lists.

Here are some common names for added sugars:

Brown rice syrup, brown sugar, cane sugar, corn syrup, crystal solids, dextrose, evaporated cane juice, fructose, high-fructose corn syrup, honey, raw sugar, sucrose, maple syrup

Take-home Tips:

- Read nutrition labels and ingredient lists to identify foods with added sugar
- Replace sources of added sugar with sources of natural sugar
- Make foods from scratch so you have full control of the sugar content
- Be mindful of the total sources of sugar consumed in a day
- Look for "no sugar added" options

("Sugar-free" options are not the same, these contain alternative additives for sweetness)



Reference:

Cording J. Looking to Reduce Your Family's Intake of Added Sugars? Here's How. eatright. <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/looking-to-reduce-your-family-added-sugar-intake-heres-how>. July 31, 2018.