Limiting added sugar

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

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 |

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

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