

# OCTOBER WELLNESS: INFORMATION ON SUGAR



The two types of sugars found in foods are: *added sugars* or *naturally occurring sugars*. *Naturally occurring sugars* are called fructose (as found in fruits) or lactose (as found in milk and milk products).

*Added sugars* are the sugars added to foods or beverages when they are being prepared or processed. It is recommended to limit added sugars in your diet. This is because they are usually found in foods and beverages that offer unnecessary, “empty” calories. This means that the added calories do not add nutrients.

It is important to note that added sugars can be listed on *Nutrition Fact Food Labels* under a variety of names. Some of the names added sugars go under are: brown sugar, corn syrup, fruit juice concentrates, malt sugar, raw sugar and molasses. To see additional names, click here: [Sugar 101](#).

## *How Much Added Sugars is OK in your daily diet?*

According to The American Heart Association, your daily caloric intake of added sugars is recommended to be 6% or less. That equates to limiting added sugars to no more than approximately: *6 teaspoons of sugar (100 calories) or less/day for women* and *9 teaspoons of sugar (150 calories) or less/day for men*.

If you are looking at the grams of sugar on food labels, this equates to *no more than 25 grams of added sugar for women* and *no more than 36 grams of added sugar for men*.

Some of the common foods and beverages that may contain added sugars are: Sweetened teas and coffees, sweetened yogurts, soft drinks, candy, ice cream, breakfast cereals and breakfast bars. For more on the list, click here: [Added Sugars](#)

## *How Can You Cut Back on Sugar in Your Diet? Some tips are:*

Cut back on the table sugar you add into beverages and foods.

Try drinking water, unsweetened iced tea or other unsweetened beverages instead of drinking sugary drinks.

Use the Nutrition Food Label on foods and beverages to check the amount of added sugars.

Use spices, such as cinnamon, ginger, nutmeg and other spices, to add flavor instead of sugar.

For additional tips, click here: [Tips for Cutting Down on Sugar](#)