

SUGAR

101

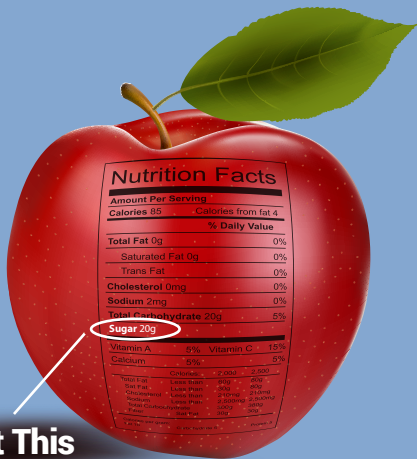


Found naturally in foods such as fruit (fructose) and milk (lactose).



Any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation.

The major sources of added sugars in American diets are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks; dairy desserts and milk products (ice cream, sweetened yogurt and sweetened milk); and other grains (cinnamon toast and honey-nut waffles).



Count This

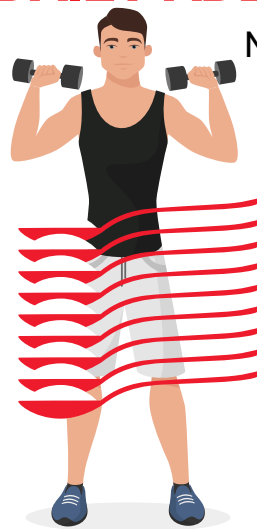
### UNFORTUNATELY, IT'S NOT ALWAYS EASY TO SEE

Names for added sugars include:

- Brown sugar
- Corn sweetener/syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses/Syrup
- Raw sugar
- Sugar
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)

## DAILY ADDED SUGAR LIMIT

No more than:



**9 TEASPOONS**  
**37 GRAMS**  
**150 CALORIES**



**6 TEASPOONS**  
**25 GRAMS**  
**100 CALORIES**

Help your clients learn how to track added sugar grams, a number that impacts cravings, health, body composition, and well-being. Remember, the AHA recommends only 25g of added sugar for women and 37g for men, but as a professional in a culture where the average intake tops 100g per day, any awareness and improvement can change a life for the better!

Teach your clients to count their sugars and help them benefit from greater health, a trimmer waistline, more energy, and fewer cravings for sweets.