

# SUGAR QUIZ!

## QUESTION:

*Which of the following has the **LEAST** amount of added sugars per serving?*

- A. Pasta sauce
- B. Fat-free yogurt
- C. Granola bar

Open up to find out...



## ANSWER:

Trick Question! They all have the **same amount!**

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### So? What's the big deal?

Too much sugar in your diet puts you at increased risk for several diseases including **heart disease, renal failure, and nerve damage!**

### What do you mean by "added" sugars?

Added sugars, also known as "free" sugars are those that are not a naturally occurring part of the food you are eating

- Examples: adding table sugar to coffee would be "added" sugar, so is sugar added to baked goods like muffins, donuts, etc.

### But How Much Added Sugar is Too Much?

- Health experts are now recommending less than 30 grams of added sugars per day
- The leading national brands of the foods on the quiz all had the same amount of added sugars per serving: **12 grams**

### All of those foods have that much added sugar?

Yes! It is very common to find added sugars in places you would *LEAST* expect them!

- Examples: sauces (BBQ, pasta, ketchup), "health" bars, fat-free products, sports drinks

## What steps can I do to cut back on added sugars?

### Step 1: Read the labels

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Total Fat	Calories 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g

- ✓ Start off by looking at how much sugar is in one serving
- ✓ Then look for sugar in the ingredients – if it's in the first 3 listed, then don't buy it!

One way companies try to **HIDE** sugar is by renaming it!

**Examples:** Sucrose, molasses, evaporated cane juice, fructose, high-fructose corn syrup, caramel, turbinado, the list goes on....but they ALL are just SUGAR!

### Step 2: Cut back on sugary beverages – including juices

Sugary beverages are one of the main ways people get added sugars *without even realizing it*

- Cans of soda range from 40-50 grams of added sugars!



Is a 12oz bottle or can worth the 40-50g of added sugar and 150 extra calories?

You can lose upwards of 20 POUNDS of fat in one year just by cutting out soda

- Similar achievements can be made by cutting out fruit juices that add sugar

### Step 3: Healthier Alternatives

OK, I've done steps 1 and 2, what CAN I actually eat??

- The hardest part of reducing added sugars is finding things to REPLACE them
- Instead of eating flavored yogurt, try adding **fresh fruit to plain yogurt**
- Instead of soda, drink **seltzer water** (many are similar to soda flavors)

**The BEST way to make changes in your diet is one step at a time!**

- Make one change at a time and *stick to it!*
- *You can do this. We are here to help.*