



# ADDED SUGAR

## THESE 6 POPULAR SNACKS CAN ADD HIGH LEVELS OF ADDED SUGAR TO YOUR DIET

Added Sugar is hidden in 74% of processed foods. Eating too much sugar leads to adverse immediate and long term health effects

Ingredients to look out for: maltose, sucrose, or other names for sugar (high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, brown rice syrup, honey, or fruit juice)

1



Although some may be high in protein, yogurt can be extremely high in sugar as well - some with as much as 26 grams per serving.

Popular brands like Yoplait include ingredients such as sugar, sucrose, corn syrup, and high fructose corn syrup which are all forms of added sugars.

### YOGURT

2



Who doesn't love cereal? Unfortunately, some brands are chock-full of sugar per serving - and most of us don't only eat one serving. Look at the label for the grams of sugar and try to stay away from anything with 6 grams or more of sugar per serving.

### CEREAL

3



Granola bars are easy for a snack on-the-go, but they are usually full of added sugar. Look for granola bars with fewer ingredients and less sugar or even better; try making your own without added sugar. Have peanut butter, dates, and oats? Then you can make some granola bars!

### GRANOLA BARS

4



Fruit is in the name, so it's healthy, RIGHT? Actually, NO. Multiple fruit snacks, though it may taste like their larger counterparts are full of processed sugars.

Low in fiber + Low in protein + High in sugar = Bad combination.

### FRUIT SNACKS

5



Snack-sized pies and cakes from brands like Hostess offer convenience - just like granola bars - but are notoriously high in added sugar. A serving of Hostess Chocolate Pudding Pie is possibly the worst snack ever with 40 grams of sugar per serving. All foods are OK in moderation and these should be reserved for special occasions!

### PIES and CAKES

6



Apple sauce, canned fruit - some of these can be as high as 26 grams of sugar per serving - which is in a single cup of Mott's Original Apple Sauce. Try making your own sauce, or go for the "no sugar added" option. Fruit is healthy but canned fruit may contain loads of added sugar. Make sure to check the ingredient list for added sugars!

### PROCESSED FRUIT