

Granola Bars (average sugar in 1 bar)

- Clif Bars: ~20 g sugar
- Luna Bars: ~11-13 g sugar
- Nutrigrain Bars: ~12 g average sugar

Welch's Fruit Snacks

- Mini snack pack (6-7 gummies): 7 g of sugar

Animal Crackers

- 16 crackers (160 crackers per box): 7 g of sugar

Flavored Yogurt

- Yoplait (strawberry): 13 g added sugar
- Chobani (key lime blended flavor): 15 g total sugar

People are so busy nowadays that reaching for a snack that is delicious and quick often seems easiest. However, some of our favorite snacks can have loads of hidden sugar inside that can, over time, overwhelm our bodies and lead to diabetes, obesity, fatty liver disease, and many other health issues.

***** 1 teaspoon = 4.2 grams of sugar**

***** 1 sugar cube = 4 grams of sugar**

The American Heart Association recommends a total of 36 grams (g) of added sugar for men and 25 grams (g) of added sugar for women and children over age 2, per day.



**UVM Larner
College of
Medicine**



Goldfish Crackers

Cheddar Flavor

- 55 pieces: Less than 0.5 g added sugar

Nuts (per 1 oz)

- Almonds: 1.25 g sugar
- Walnuts: 0.7 g sugar
- Peanuts: 1.34 g sugar

“Sugar can become a problem when we eat too much of it on a daily basis, increasing our risk for high blood sugar, unintentional weight gain and fatty liver disease. Studies have shown that sugar actually has a powerful physiological effect on our brains and bodies. When we ingest sugar, it lights up the pleasure pathway in our brain which over time can cause a sugar dependency or sugar addiction in some people.”

Kim Swartz-Doyle, Dietician

Alternatives with less sugar:

Pretzels

Mini Pretzels

- 20 pretzels: less than 0.5 g added sugar

Popcorn

- Movie Theater Butter: 0 g sugar
- Kettle Corn: 0 g sugar



Cutting down

Cutting out our favorite snacks entirely does seem like a rather large change. Instead, try cutting down slowly on the amount of the sugary snack that you eat (and substituting in a healthier snack if you're still hungry) to eliminate some unnecessary sugar from your day.

Benefits of lowering sugar intake

“The elimination (or significant reduction) of added sugar in the diet has led to healthy weight loss, reduced chronic pain and inflammation, lowered hemoglobin A1C, reduced reliance on diabetes medications, reduced stomach pain and IBS-related digestive issues, and improved sleep.”

- Emily Clairmont, Dietician