

*If you have any questions, ask your care team.*

## Added Sugars

Foods with added sugars are foods or beverages that have sugars added to them when they are processed or prepared. Added sugars are not in foods naturally. Sugars that are naturally in foods include the sugar found in fruits, for example. Examples of sugars that are added to foods include raw sugar, brown sugar, corn syrup and high fructose corn syrup.

It's important to be aware of how much added sugar you eat or drink in the day to maintain a healthy diet. Added sugars have calories with little or no nutritional value. Too much added sugar in your diet can make it hard to have a healthy diet without taking in too many calories. Eating a lot of added sugars can contribute to the risk of developing health problems such as heart disease, Type 2 diabetes, weight gain and obesity.

## Common foods with added sugar

Added sugars are commonly found in these foods:

- Sugar-sweetened beverages (like regular soda, sweetened energy drinks, sweetened sports drinks, sweetened fruit drinks, sweetened coffee, sweetened tea)
- Sugary breakfast cereals
- Sweetened yogurt
- Candy
- Desserts such as cakes, pies, brownies, cookies, ice cream, frozen yogurt, doughnuts and sweet rolls

## Recommendations for added sugar

The American Heart Association recommends limiting added sugar in your diet to:











- 25 grams per day for most women (about 6 teaspoons or 100 calories)
- 36 grams per day for most men (about 9 teaspoons or 150 calories)





This amount may seem like a lot, but according to the American Dietary Guidelines, most people in the United States eat and drink almost 17 teaspoons of added sugars each day.

Keep in mind that 4 grams of sugar = 1 teaspoon of sugar. For example, a product that has 12 grams of added sugar in the label (Figure 1) has about 3 teaspoons of sugar.

## Common foods with added sugar

Here are some common products and how much added sugar they contain. This is just an average. The exact amount may vary with different brands.

Product (grams of added sugar)	Equivalent teaspoons of sugar
<p>16-ounce soda (50 grams)</p> 	
<p>20-ounce sports drink (34 grams)</p> 	
<p>1 cup of chocolate milk (8 to 12 grams)</p> 	
<p>1 cup of sugary cereal (12 grams)</p> 	
<p>1 cup of sweetened yogurt (10 to 12 grams)</p> 	

Product (grams of added sugar)	Equivalent teaspoons of sugar
<p data-bbox="201 199 526 233">1 granola bar (8 grams)</p> 	
<p data-bbox="201 487 646 520">2/3 cup of ice cream (20 grams)</p> 	

## Cut down on added sugars

Here are 3 things you can do to reduce the amount of added sugars in your diet. Remember, you do not have to stop eating sugar all at once. Start with small changes.

### ■ Drink unsweetened beverages

Most of the added sugar in diets of people in the U.S. comes from sugary beverages. To reduce added sugars in your diet, choose unsweetened beverages such as:

- Plain water
- Unsweetened sparkling water
- Low-fat milk
- Unsweetened water flavoring
- Unsweetened tea and coffee

### ■ Choose healthy snacks

A lot of snacks foods can be high in added sugar, such as some breakfast cereals, sweetened yogurts, sweetened granola bars and sweets like cookies, candy and cake. To reduce added sugars in your diet, choose unsweetened snacks such as:

- Fruits
- Vegetables
- Nuts
- Unsweetened cereals
- Unsweetened yogurts

- **Read the nutritional label and choose foods with less added sugar**

Read the nutritional label on the food package to check how much added sugar is in the foods you are eating. The nutritional label includes the “Added Sugars” in their products in grams (g) (Figure 1).

**Figure 1. Nutrition label**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.