





# How to Avoid Added Sugars

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How much added sugar should we have per day? The American Heart Association was the first to give a specific recommendation for added sugars in the diet.

**MALE**  
 **< 9 teaspoons (36 grams)**

**FEMALE**  
 **< 6 teaspoons (24 grams)**

More recently, the U.S. Dietary Guidelines were released with a recommendation to consume less than 10% of your calories from added sugars. So what does this new guideline mean for your diet? How do you avoid added sugars?

## A MEAL-BY-MEAL GUIDE

Food companies can make it hard to spot added sugars by adding it in many different forms. At last count, there were over 60 names for added sugars that appear on an ingredient list. It doesn't have to be that complicated! Here are some quick tips to help you reduce added sugars in your diet.

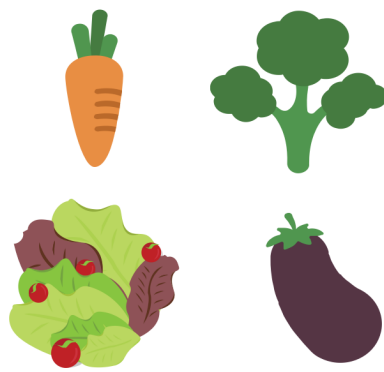
### 1 BREAKFAST



- Many breakfast cereals are high in added sugars; check the ingredient list for sugars and add a small handful of unsweetened dried fruit, fresh berries, or ½ banana for natural sweetness.
- Do not overdo adding honey and agave syrup to cereals which many people think are healthy forms of sugar, but have about the same calories and sugar content without any added nutrition.
- Yogurt may seem like a healthy choice but often can be loaded with added sugars with the processed fruit and flavors. Choose a plain Greek yogurt and add frozen or fresh fruit and a few nuts for crunch.

### 2 MAIN MEALS

- Whole foods such as whole grains, lean meats, and vegetables are naturally low in sugar so make these the base of your diet.
- Read labels on packaged foods, soups, sauces, salad dressings, and condiments as many of these foods contain more added sugar than you think.



When eating out or taking out food, avoid dishes that contain a sweet sauce such as sweet and sour, teriyaki, some curries, or barbeque sauce.

### 3 SNACKS



- Opt for whole, less-processed choices such as fruit, plain nuts, air-popped popcorn, plain yogurt, or low-fat cheeses.
- Protein, granola, or energy bars often contain as much sugar as a candy bar.
- Be aware that lower fat products (cookies, crackers, puddings) often add even more sugar to compensate for the loss of fat.

### 4 DRINKS

- “Healthy” fruit juices and energy or sports drinks can have significant amounts of sugar.
- Coffeehouse drinks can pack a lot of sugar into the syrups and other ingredients they add to beverages.
- Smoothies or popular “green juices” can often contain many pieces of fruit and added sweeteners making them high in both natural and added sugar.
- Opt-for water, naturally flavored seltzers, and unsweetened teas.



When using alternative milks (almond, cashew, soy, coconut), choose unsweetened as flavored varieties may have more sugar than you think.

By reading labels and becoming aware of sugars added to foods, you can make better choices that can greatly impact your overall health!