

8 Ways to reduce added sugar

There is a lot of talk about how much sugar we are eating, but it's important to know that not all sugar is created equal. Some sugar is naturally occurring in foods, like fructose in fruits, and lactose in milk. But then there's sugar that is added to foods and beverages for taste. Added sugar is the type you should pay attention to.

The 2015-2020 US Dietary Guidelines for Americans notes that when the calories from added sugars exceed 10% of your calorie intake, it may be difficult to get in all of the nutrients you need while staying within your daily calorie limits. The American Heart Association recommends no more than 24 grams (6 teaspoons) of added sugar per day for women and no more than 36 grams (9 teaspoons) of added sugar per day for men. These limits include the sugars already added to the foods you choose, such as in some of the examples below.

HERE ARE 8 WAYS TO REDUCE THE ADDED SUGAR IN THE FOOD AND BEVERAGES YOU CHOOSE EVERY DAY:



Change up your coffee order: One of the easiest ways to start cutting back on the daily amount of added sugar you eat is to stop adding it to your coffee or tea. Don't want to give up that sweet taste? Swap the sugar in your coffee, or honey in your tea, with SPLENDA® No Calorie Sweetener. You will get the sweet taste you love without added sugar or its calories.



Make sure your yogurt is not a sugar bomb: Yogurt can be the perfect snack but it can also pack a lot of added sugar (in addition to the naturally occurring lactose, or milk sugar). It's important to compare labels and check for added sugar or high fructose corn syrup in the ingredients lists. Buying plain, unflavored yogurt and mixing in slices or chunks of fresh fruit is one way to reduce added sugar while maintaining sweetness.



Rethink your drink: Sweetened beverages, such as soda or iced tea, have calories from added sugar that can add up quickly, with little to no other nutritional value. Opt for the "diet" version of these drinks or create your own. For example, try mixing $\frac{1}{4}$ cup of 100% fruit juice with $\frac{3}{4}$ cup seltzer; or simply add fresh fruit, such as watermelon, strawberries or lemon to your water.



Switch your sauces: Even though they may not taste sweet, many condiments like salad dressing, barbecue sauces and marinades can contain sugar. Try basting your chicken or topping your salad with olive oil, lemon juice, salt and pepper instead of a store-bought option.



Ditch sugary cereals: As a rule of thumb, when buying cereal look at the nutrition facts panel and choose a brand that has no more than 6 grams of sugar per serving. Add your own sweetness by topping your cereal with sliced, fresh fruit or a sprinkle of SPLENDA® Naturals Stevia Sweetener.



Know your sugar terms: If a food label says "sugar-free," the FDA requires it to contain less than 0.5 grams of sugar per serving. A food labeled as "reduced sugar" or "less sugar" means it has at least 25 percent less sugars per serving compared to a standard serving size of the traditional version. "No added sugars" or "without added sugars" means that no sugar or sugar-containing ingredients such as juice or dry fruit has been added during processing. "Low sugar" is not defined nor allowed as a claim on food labels. Just remember, foods that are "sugar-free" or that have "no added sugars" are not always calorie free.



Add natural sweetness to your oatmeal: Flavored instant oatmeal packets can be loaded with added sugars. Opt for rolled oats (you can still make in the microwave!) and try slicing a banana and adding it to your oatmeal before you cook it. This adds sweetness, as well as extra nutrition to your bowl.



Be an added sugar sleuth: There are more than 40 names for sugar! **Flip this page around** and get familiar with these terms. Knowing what ingredients contribute added sugars to your diet will help you make better choices when grocery shopping.

40+ Names for Sugar

