

3 Steps to Reduce Added Sugar

Step 1: Identify common names for sugar & hidden sources in foods

Where could sources of added sugar be hiding?

Circle below or add your own to the list.

- | | | |
|----------------------|-----------------------|-----------------------|
| Coffee Drinks | Flavored Yogurt | Oatmeal & Cereals |
| Condiments & Sauces | Cocktails & Mocktails | Canned Fruit in Syrup |
| Sweet Tea & Lemonade | | |

Others: (list here)

In the foods & beverages you circled, do you see any of these sugars listed in the ingredient statement?

Circle below or add your own to the list.

- | | | |
|----------------|-----------------------|------------------|
| Cane Sugar | Agave Nectar | Honey |
| Glucose | Molasses | Powdered Sugar |
| Corn Syrup | Barley Malt Syrup | Fructose |
| Invert Sugar | Evaporated Cane Juice | Brown Rice Syrup |
| Glucose Solids | Beet Sugar | |

Others: (list here)

You can also use the Nutrition Facts Panel to identify grams of naturally occurring sugars and added sugars in food.

Identify the naturally occurring and added sugars in the nutrition facts panel for ice cream below.

Subtract
Added Sugars from
Total Sugars to get
grams of Naturally
Occurring Sugars

| | |
|----------------------------|---------|
| Total Sugars | _____ g |
| — Added Sugars | _____ g |
| <hr/> | |
| Naturally Occurring Sugars | _____ g |

| Nutrition Facts | |
|---|----------------|
| 8 servings per container | |
| Serving size | 2/3 cups (55g) |
| Amount Per Serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | 6% |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small> | |
| <small>*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.</small> | |

The American Heart Association recommends that women consume less than 25g of added sugar and men consume less than 36g of added sugar per day.¹

Step 2: Choose a Splenda solution below

- Use Splenda Stevia Jar to sweeten your coffee or tea
- Sweeten oatmeal with a packet of Splenda
- Make your own Stir-Fry Sauce or dressing using a recipe from Splenda.com/recipes
- Cut added sugar in baked goods by using Splenda Original or Splenda Stevia Granulated in place of sugar
- Sweeten cocktails or mocktails using Splenda Liquid

...or create your own (list here)

Step 3: Identify a SMART goal to reduce added sugar

SMART goals are

Specific • Measurable • Attainable • Realistic • Time-Bound

An example of a SMART goal is:

As a snack 3x per week, I will flavor Plain Greek Yogurt with 1 packet of Splenda Stevia + ½ cup frozen berries.

An example of a SMART goal is:

Instead of getting Sweet Tea from my favorite restaurants, I'll get unsweetened tea and use Splenda Liquid to get the sweet taste I enjoy.

Write a SMART goal below to help reduce added sugar with Splenda.