

# RETHINK YOUR SNACK & MEAL

The hidden sugars in your food add up—eating too many comes with health risks.

**HIDDEN SUGARS** are added sugars disguised as lesser-known names. They are found in foods you wouldn't expect, like bread, pasta sauce, and salad dressing.

*Eating too many added sugars can lead to health problems, such as:!*



**Weight Gain**



**Blood Sugar Spikes**



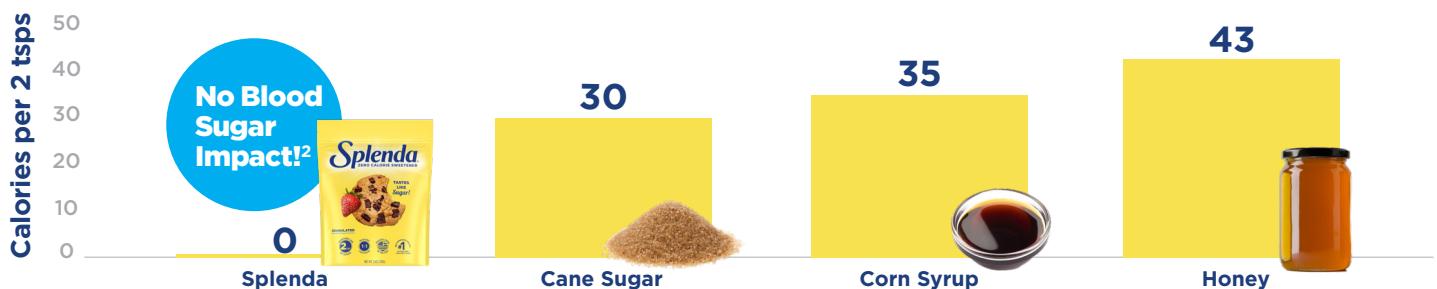
**Heart Disease**

## SPOT HIDDEN SUGARS IN YOUR FOOD

Look for these alternative names for sugar on food labels.

- Raw sugar
- Brown sugar
- Date sugar
- Coconut sugar
- Beet sugar
- Invert sugar
- Cane sugar
- Cane juice
- Fructose
- Glucose
- Maltose
- Sucrose
- Honey
- Agave Nectar
- Molasses
- Maple syrup
- Corn Syrup
- High-fructose corn syrup
- Malt syrup

## COMPARE ZERO CALORIE SWEETENERS TO COMMON HIDDEN SUGARS



Get started with 3 easy and delicious Splenda® recipes:



### Cinnamon Vanilla Overnight Oats

Made with Splenda® French Vanilla Diabetes Care Shake



### PB&J Granola Bars

Made with Splenda® Magic Baker Sweetener



### Sheet Pan Teriyaki Salmon and Vegetables

Made with Splenda® Stevia Sweetener

# The American Heart Association Recommends Limiting Added Sugar to:<sup>3</sup>

6 teaspoons per day



For most women

9 teaspoons per day



For most men

## Simple Swaps For Cutting Down The Sugar That Adds Up in Your Day

CONTAINS HIDDEN SUGARS

SWAP WITH SPLENDA

BREAKFAST



*Instant Flavored  
Oatmeal*



*Splenda Oatmeal  
& Splenda Shake*

LUNCH



*Salad with  
Standard Dressing*



*Salad with  
Splenda Dressing*

SNACK



*Granola Bar*



*Splenda Shake*

DINNER



*Standard Sweet  
& Sour Chicken*



*Splenda Sweet  
& Sour Chicken*

**DAY  
TOTAL**

**29 teaspoons**  
*Added Sugar*  
Extra 460 calories

**0 teaspoons**  
*Added Sugar*  
Save 460 calories

Learn More at [Splenda.com](https://www.splenda.com)

*Splenda*

1. Warshaw H, Edelman SV. Practical Strategies to Help Reduce Added Sugars Consumption to Support Glycemic and Weight Management Goals. Clin Diabetes. 2021;39(1):45-56. doi:10.2337/cd20-0034 2. Nichol AD, Holle MJ, An R. Glycemic impact of non-nutritive sweeteners: a systematic review and meta-analysis of randomized controlled trials. Eur J Clin Nutr. 2018;72(6):796-804. doi:10.1038/s41430-018-0170-6 3. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. Circulation. 2009;120(11):1011-1020. doi:10.1161/CIRCULATIONAHA.109.192627