

Added Sugars

Added sugars are carbohydrates that can be part of a balanced diet. (For more information on carbohydrates, [click here](#)). They are sugars that are not naturally occurring in foods, but have to be added to a recipe. For example, the sugar in an apple is a natural sugar, and the sugar in cookies is an added sugar. All sugars fit in a balanced diet. Added sugars are a some of the time food because they do not add a lot of nutrients to our diets.

Sometimes ingredient labels can be tricky in how they list the added sugars they have used. Below are some examples so you can recognize how added sugars might be listed on package labels.

Examples of Added Sugars:

- White/Brown/Powdered Sugar
- Honey
- Maple Syrup
- Brown Rice Syrup
- Tapioca Syrup
- Glucose
- Dextrose
- Maltose

All nutrition labels in the United States are required to list how many added sugars are in the food. You can find the added sugar information under the “Total Carbohydrate” section of the nutrition label. The nutrition labels list the added sugar as grams. There is one teaspoon in 4 grams of sugar. For example, if an item says it contains 11 grams of added sugar, it has 2.75 teaspoons of sugar.

According to the American Heart Association, the recommended limit of added sugar for men is 9 teaspoons or 36 grams, and 6 teaspoons or 25 grams for women.¹ Ideally, less than 10 percent of our energy intake should come from added sugars.² What these recommendations mean is that we should pay attention to how much sugar we are consuming each day and try to find options that have fewer added sugars. We definitely do not need to cut out sugar from our diet, but we should be mindful about how often we eat foods high in added sugars.

Ways to Reduce Added Sugars:

- Use fruit as a sweetener instead of white sugar.
- Choose canned fruits in juice instead of syrup.
- Experiment with recipes to reduce the amount of sugar called for.
- Use fruit to flavor your drinks, ex. Adding fresh fruit to sparkling water.
- Alternative sweeteners such as stevia or Splenda can be used to reduce added sugars but should not be heavily relied on.
- Find packaged foods that are low in added sugars, such as:
 - Chobani Less Sugar Yogurt
 - Kind Bars
 - Bob's Red Mill Oatmeal Cups

Sources:

1. How much sugar is too much? [www.heart.org. https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much). Published June 2, 2022. Accessed November 21, 2022.
2. Current dietary guidelines. Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>. Accessed November 21, 2022.