

The Scoop on Added Sugar

A recent survey suggests 66% of adults are attempting to follow the current dietary guidelines recommendations of limiting their added sugar intake.^{1,2} To help, this guide provides tips and simple swaps for how to enjoy added sugars in moderation as part of a healthy diet.



Excess added sugar intake can lead to³



weight gain
& obesity



type 2
diabetes



high blood
pressure



tooth
decay

Tips for Enjoying Added Sugar in Moderation



SUBSTITUTE WATER

Substitute some of your caloric beverages for water or carbonated water



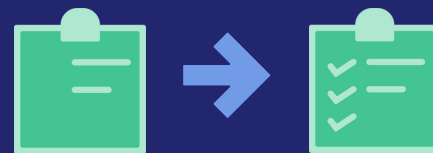
ALTERNATIVE FLAVORS

Enhance breakfast cereals with spices or savory proteins instead of brown sugar



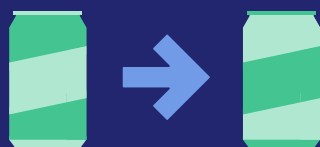
SMALLER PORTIONS

If you like full calorie sugar-sweetened beverages, consider drinking a smaller portion



MAXIMIZE NUTRITION

For products with added sugar, compare food labels and choose those with positive nutrients



LOW OR NO CALORIE OPTIONS

Replace a full calorie sugar-sweetened beverage with a low or no calorie sweetened version



HEALTHY SWAPS

Instead of cookies or candy try fresh / dried fruit as a sweet snack alternative

References:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans. 2020-2025. 9th Edition. 2020. Available at: DietaryGuidelines.gov.
2. International Food Information Council: 2024 Food & Health Survey, Jun 20, 2024. Accessed Nov 25, 2024. <https://foodinsight.org/wp-content/uploads/2024/06/2024-IFIC-Food-Health-Survey.pdf>
3. Center for Disease Control and Prevention. Get the Facts: Added Sugar. Accessed Sept 13, 2024. <https://www.cdc.gov/nutrition/php/data-research/added-sugars.html>