Reduce Added Sugar in Your Diet

Sugar can be found in fresh fruit, but many products, such as canned fruit, have added sugar.

Too much sugar leads to:
- Weight gain
- High fats in the body, called triglycerides
- Poor blood sugar control, if you have diabetes

How much sugar can I have each day?

Eat less than 40 grams of sugar, which is equal to 10 teaspoons or less each day. This does not include natural sugars found in milk or fresh fruit.
- Food labels list sugar in grams. Each teaspoon is 4 grams and 16 calories.
- Keep the sugar on the label to 7 to 10 grams or less per serving.

Products with Added Sugar

Sugar can add up quickly in your diet, so it is important to read food product labels. This chart gives examples of the amount of sugar added to some foods.

<table>
<thead>
<tr>
<th>Type of food</th>
<th>Range of sugar in grams per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweetened cereals or granolas</td>
<td>5 to 25</td>
</tr>
<tr>
<td>Sugar-sweetened yogurt</td>
<td>8 to 27</td>
</tr>
<tr>
<td>Pastries and muffins</td>
<td>19 to 45</td>
</tr>
<tr>
<td>Pasta sauce, barbeque sauce</td>
<td>4 to 14</td>
</tr>
<tr>
<td>Honey</td>
<td>16</td>
</tr>
<tr>
<td>Jams and jellies</td>
<td>8 to 12</td>
</tr>
</tbody>
</table>

More on next page ➔

Learn more about your health care.
Other Names for Sugar

Even when reading labels, it can be hard to find where sugar is listed. Look for these words on food products to find hidden sources of sugar:

- Barley malt
- Brown sugar
- Cane sugar/solids/Cane Juice
- Corn syrup
- Dextrin
- Dextrose
- Glucose
- High Fructose Corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Mannose
- Maple syrup
- Molasses
- Sucrose

Tips for Reducing Added Sugar

- At the grocery store, buy foods and drinks that are low in sugar.
- Eat a whole piece of fruit instead of drinking fruit juice.
- Drink water and reduce the amount of sugar drinks you consume. Add a squeeze of a wedge of lemon, lime or orange for flavor.
- Breads, pastas and other carbohydrates also have sugar. Limit a portion of bread, rice or pasta to 2 slices or 1 cup.
- When having a snack, measure out one serving of potato chips, crackers, or pretzels.
- Try an artificial sweetener if you add sugar to your coffee or tea.

Ask your doctor or dietician if you have any questions about nutrition.