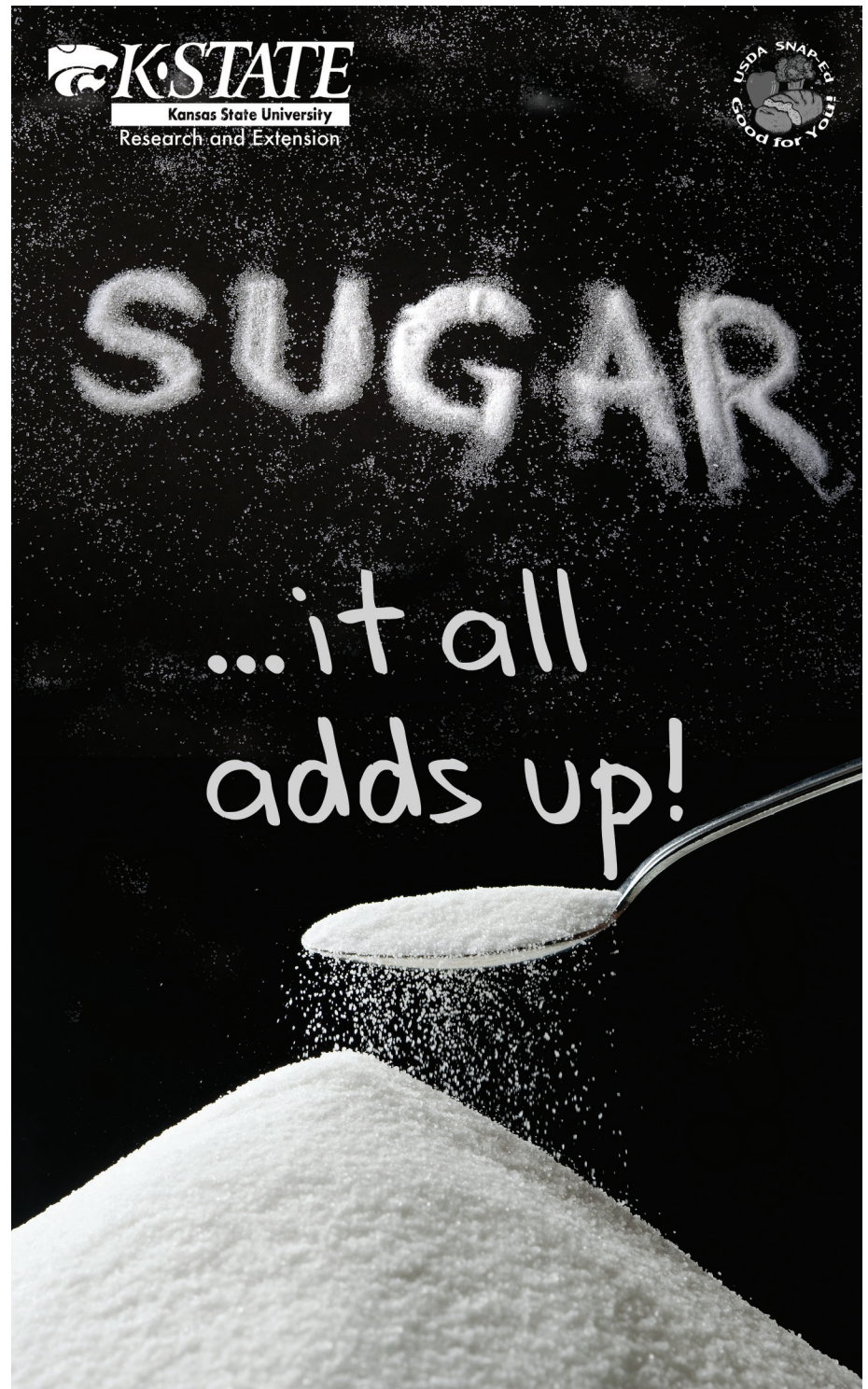


Make Sugar Trade-offs

- ◆ Choose unsweetened iced tea, water or fat free milk instead of soft drinks.
- ◆ Reach for fresh fruit – there's no added sugar.
- ◆ Read the Nutrition Facts Label and make sure that sugar is not one of the first two ingredients in cereal and crackers.
- ◆ Look for snacks with less sugar such as graham crackers, plain popcorn, baked chips and nuts.
- ◆ Buy canned fruits packed in water, juice or light syrup – not heavy syrup.
- ◆ Look for dried fruit without added sugar – always check the ingredients list to make sure.
- ◆ Eat smaller portions – try a miniature-size candy bar instead of regular or king size.
- ◆ Share dessert with a friend or family member.
- ◆ Sweeten cereal, French toast and pancakes with fresh fruit instead of sugar or syrup.
- ◆ Instead of fruit-flavored yogurt, add your own fruit to plain yogurt.



This material was funded by USDA's Supplemental Nutrition Assistance Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. USDA is an equal opportunity employer and provider. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Sugar is a carbohydrate found naturally in healthy foods such as milk and fruits.

But many of the foods we eat have added sugars which may raise the risk of obesity, heart disease and diabetes. Sugary foods and drinks cause cavities, too. Regular sodas are the number one source of added sugars in American's diets. Soft drinks often replace more nutritious drinks such as water, milk and 100% juice.

You might be surprised by the amount of sugar added to foods

- Bottle of cola , 20 ounces = **17** teaspoons added sugar
- Can of cola, 12 ounces = **10** teaspoons added sugar
- Orange soda, 12 ounces = **12 ½** teaspoons added sugar
- Chocolate shake, 16 ounces = **13** teaspoons added sugar
- Doughnut = **7** teaspoons added sugar
- Strawberry frosted toaster pastry = **5** teaspoons added sugar
- Chocolate flavored puffed cereal, ¾ cup = **4** teaspoons added sugar
- Hard candy, 6 pieces = **4** teaspoons added sugar
- Fruit drink, 1 cup canned = **7** teaspoons added sugar
- Chocolate covered ice cream bar = **5** teaspoons added sugar
- King size candy bar = **11** teaspoons added sugar
- Blueberry muffin = **7** teaspoons added sugar
- Chocolate sandwich cookies (3) = **5** teaspoons added sugar
- Cinnamon roll with icing = **9** teaspoons added sugar
- Coffee latte, 16 ounces = **8** teaspoons added sugar
- Lollipop with chewy center (1) = **2 ½** teaspoons added sugar
- Ketchup, 1 tablespoon = **1** teaspoon added sugar
- Gummy "treats" (12) = **4** teaspoons added sugar
- Fruit punch, 20 ounces = **20** teaspoons added sugar
- Lemonade, 20 ounces = **18** teaspoons added sugar
- Energy drink, 8 ounces = **6 ½** teaspoons added sugar
- Instant oatmeal packet = **3 ½** teaspoons added sugar
- Spaghetti sauce, 1 cup = **6 ½** teaspoons added sugar

FOOD LABELS TELL THE BASICS:

The label gives both the serving size and number of servings in the package. This isn't necessarily the recommended amount for you. "Sugars" include added and naturally occurring sugars. To find out about added sugars, read the Ingredients list.

OTHER NAMES FOR ADDED SUGARS — HIGH-FRUCTOSE CORN SYRUP (HFCS), SUCROSE, HONEY, CORN SYRUP, FRUCTOSE, MALTOSE, DEXTROSE, MAPLE SYRUP, BROWN SUGAR, CORN SWEETENER, FRUIT JUICE CONCENTRATE, GLUCOSE, INVERT SUGAR, LACTOSE, MALT SYRUP, MOLASSES, RAW SUGAR

How many teaspoons of added sugar do you eat each day?

Most people eat about 22 to 30 teaspoons of added sugar every day. **The American Heart Association says most women should limit added sugar to about 6 teaspoons and men about 9 teaspoons a day.**

Foods You Eat	Teaspoons Added Sugar (4 grams = 1 teaspoon)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
Total Added Sugar	_____