

Watch out for **ADDED SUGARS**

Many people consume more sugar than they realize. It's important to be aware of how much sugar you consume because our bodies don't need sugar to function properly. **Added sugars contribute zero nutrients but many added calories that can lead to extra pounds or even obesity, thereby reducing heart health.**

What ARE added sugars?

Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).

ADDED SUGARS are sugars and syrups put in foods during preparation or processing, or added at the table.



Look for ADDED SUGAR at Breakfast

Sugar lurks in Breakfast & Energy Bars, Granola & Muesli, Hot & Cold Cereals, Yogurts, and Smoothies



Look for ADDED SUGAR in Sauces

Compare sugar content in Syrups, Condiments, Honey & Molasses, Jellies, Jams & Spreads



Even "healthy" drinks may contain a lot of sugar

Look at the labels for: Flavored Milk, Sports & Energy Drinks, Soda & Soft Drinks, Coffee & Tea, Juice & Fruit Drinks



Avoid baked goods and frozen treats

Try making these yourself so you can reduce the amount of added sugar: Ice Cream, Gelato, & Sorbet, Popsicles & Frozen Desserts, Sweet Rolls & Breads, Cakes, Cookies & Pies, Donuts & Pastries



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