

Healthy Eats for a Healthy Beat

Total Sugars include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits. It also includes any sugars and syrups added to foods or beverages when they are processed or prepared.

Added sugars include sugars and syrups that are added to food or beverages when they are processed or prepared. It does not include naturally occurring sugars that are found in milk, fruits, and vegetables.

Heart Disease and Added Sugar

A diet high in added sugars has been linked to an increased risk of developing many chronic diseases, such as obesity, heart disease, diabetes, and non-alcoholic fatty liver disease. Additionally, it increases the risk of cognitive decline and even some cancers.

The average American gets 270 calories of added sugars each day. That's about 17 teaspoons of sugar!

The **ingredient list** shows each ingredient in a food by its common or usual name.

Ingredients are listed in order by weight, so the ingredient that weighs the most in the product is listed first. If sugar or a name for sugar is listed as one of the first ingredients, the item is high in sugar.

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Names for Sugar on Ingredient List

Anhydrous Dextrose	Brown Sugar	Confectioner's Powdered Sugar
Corn Syrup	Corn Syrup Solids	Dextrose
Fructose	High-fructose Corn Syrup	Honey
Invert Sugar	Lactose	Malt Syrup
Maltose	Maple Syrup	Molasses
Nectars (Peach, pear, etc.)	Pancake syrup	Raw Sugar
Sucrose	Sugar	Granulated Sugar

How Many Teaspoons of Sugar Are You Drinking?



Image Source: sccgov.org, 2021

Calculating Grams of Sugars

4 grams = 1 tsp of sugar 12 grams = 1 Tbsp of sugar

You will consume 30 pounds of added sugar in a year, if you drink a beverage containing 10 tsp of added sugar everyday!

Putting It Into Practice

Calories/day	Calories for Added Sugar	Grams of Added Sugar
2,000	200	50
1,900	190	48
1,800	180	45
1,700	170	43
1,600	160	40

Dietary Guidelines for Americans and Added Sugar

The 2020-2025 *Dietary Guidelines for Americans* recommends limiting calories from added sugars to less than 10 percent of total calories per day.

Consuming too much added sugars can make it difficult to meet your nutrient needs while staying within calorie limits. The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label to including added sugars. They have done this so you can make informed choices, based on your individual nutritional needs and preferences and bring awareness to what has been added to your food and beverages.



Carrot Pineapple Muffins

Yield: 12 servings

Ingredients

- 2/3 cup shredded carrot (about 1 medium carrot)
- 1 (8 oz.) can crushed pineapple, with juice
- 3 Tablespoons canola oil
- 2 Tablespoons unsweetened applesauce
- 1/4 cup cold water
- 1 Tablespoon white vinegar
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon ground nutmeg

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350°F.
3. In a medium bowl, add shredded carrot, pineapple with juice, oil, applesauce, water and vinegar. Mix with a fork to combine.
4. In a large bowl, mix flours, brown sugar, baking soda, cinnamon, salt, and nutmeg. Add wet ingredients to dry ingredients. Mix until just combined.
5. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about 3/4 full with batter. Bake until a toothpick inserted comes out clean, about 20-25 minutes.



Image source: Jenna Smith, 2021

Nutrition Facts (per serving): 140 calories, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 160 mg sodium, 24 g carbohydrate, 12 g total sugar, 9 grams added sugar, 1 g fiber, 2 grams protein

A diet high in added sugar may raise your risk of dying of heart disease even if you are not overweight.

References: Aeberli I;Gerber PA;Hochuli M;Kohler S;Haile SR;Gouni-Berthold I;Berthold HK;Spinas GA;Berneis K;. (n.d.). Low to moderate sugar-sweetened beverage consumption impairs glucose and lipid metabolism and promotes inflammation in healthy young men: A randomized controlled trial. Retrieved March 04, 2021, from <https://pubmed.ncbi.nlm.nih.gov/21677052/>

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De Koning, L., Malik, V., Rimm, E., Willett, W., & Hu, F. (2011, March 23). Sugar-sweetened and artificially sweetened beverage consumption and risk of type 2 diabetes in men. Retrieved March 04, 2021, from <https://academic.oup.com/ajcn/article/93/6/1321/4597819?login=true>

Interactive Nutrition Facts Label: Total and Added Sugar. (n.d.). Retrieved March 05, 2021, from <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/added-sugars.cfm>



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