



UNDERSTANDING ADDED SWEETENERS

INFORMATION ABOUT ADDED SWEETENERS

"Added sweeteners" refers to various natural and synthetic sweeteners that are added to foods. This includes 56 different sugars and 17 sugar substitutes.

- Sugar substitutes, also called artificial sweeteners, are popular because most do not contain calories. This is because they are synthetic.
- It has been estimated almost ¾ of the food products in grocery stores contain added sweeteners.
- Using the food label is the easiest way to identify added sweetener and aim to stay within the recommended amounts.



Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10% • Calcium 210mg 20%	
Zinc 7mg 50% • Biotin 300mcg 100%	
<small>*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.</small>	

IDENTIFYING ADDED SUGAR

With 56 different names, it's easy for different types of added sugar to be hidden in food products.

- Naturally occurring sugar, like those in fruit and milk, is different than added sugar.
- Most food labels now include an "added sugar" row to show you how much is added.
- Recommended intake for added sugar is no more than 40 grams (or 10 tsp) in one day – and this includes what you add yourself, like in your coffee or tea. Try to keep within these limits on most days.



Look at the serving size to determine how much you'll eat.



Then look to the added sugar row to determine how it fits into your limit of 40g/day.

IDENTIFYING SUGAR SUBSTITUTES

Sugar substitutes, or artificial sweeteners, are NOT included in the "added sugar" grams on the label. This is because they are not actually sugars but synthetic sweeteners. It's important to also look to the ingredient list to identify.

- Sugar alcohols end in "-ol": mannitol, sorbitol, xylitol, lactitol, erythritol, malititol
- Artificial sweeteners include: aspartame, saccharin, acesulfame potassium, sucralose
- Synthetics derived from naturally occurring ingredients include: stevia and monk fruit extract
- These substitutes have been shown to disrupt metabolism and can cause unpleasant digestion issues

INGREDIENTS: **SORBITOL**, GUM BASE, GLYCEROL, **MANNITOL**, NATURAL AND ARTIFICIAL FLAVORS, HYDROGENATED STARCH, HYDROLYSATE; LESS THAN 2% OF: **ASPARTAME**, **ACESULFAME K**, SOY LECITHIN, BHT (TO MAINTAIN FRESHNESS), COLORS (TURMERIC, BLUE 1 LAKE). PHENYLKETONURICS: CONTANTS PHENYLALANINE.

While sugar substitutes will not be included in the added sugar grams, they will be listed in the ingredient list.

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HEALTH BENEFITS OF REDUCING ADDED SWEETENER INTAKE

1 Better Nutrition

Choosing nourishing foods without added sweetener ensures you don't miss out on important vitamins, minerals and other nutrients. Choosing too many sweetened foods often results in nutrient deficiencies.

2 Weight Loss

Added sweeteners can significantly contribute to weight issues. Reducing intake of added sweeteners to recommended amounts reduces both excess calories and digestive issues.

3 Lowers Cholesterol

Both LDL cholesterol (bad kind) and triglycerides (fat particles in the blood) improve with reduce intake of added sweeteners. This results in decreased risk of heart disease – the #1 killer of Americans.

4 Reduce Inflammation

Research shows chronic inflammation is the root of disease. Research also shows that added sweeteners are a main cause of body inflammation. Maintaining the recommended intake insures inflammatory conditions, and their consequences, can be minimized.

REMINDER

Added sugar is any natural sweetener added to foods and not naturally located in the food (i.e. fruit, plain dairy, and veggies). There are 56 different types of added sugars manufacturers use.

Sugar substitutes refer to synthetic sweeteners that may or may not be derived from natural sources and generally contain little to zero calories. These include brand names: Splenda, Sweet 'N Low, Stevia, Monk Fruit Extract, Equal and sugar alcohols called polyols that end in '-ol.'



EASY SWAPS

- Unsweetened apple sauce (store-bought or homemade) can provide natural sweetness to snacks and meals rather than added sweetener.
- All types of fruit contain sweetness, along with healthy doses of nourishment. Using fruit as snacks or included in smoothies can satisfy a sweet tooth.
- Adding natural forms of sugar, like honey, blackstrap molasses, pure maple syrup and table sugar to foods (like plain yogurt) helps you to maintain moderation.