



Added Sugars

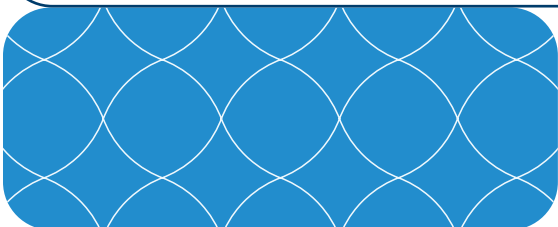
Visit Seven

Please note: This document may not be up-to-date if printed or accessed from sources other than a web address (domain) starting with patienteducation.wellspan.org. For the most accurate information, always refer directly to the content on the web address starting with patienteducation.wellspan.org. Thank you for understanding.



Table of Contents

Added Sugars	3
Common Foods with Added Sugars.....	3
Avoiding Added Sugars.....	3
Other Names for Sugar	3
Artificial Sweeteners	4
Glycemic Index and Glycemic Load	4
Glycemic Index (GI)	4
Finding Glycemic Index	5
Glycemic Load (GL)	5
Finding Glycemic Load	5
Food Examples	5
Healthy Eating Tips.....	12
Learn More	12
Resources.....	13
Added Sugars in Cereal	13
Cut Down on Added Sugars	14
Cut Back on Added Sugars.....	17



Content for this guide was adapted from information provided by Healthwise by WebMD Ignite.



Added Sugars

Foods like milk and fruits have naturally occurring sugars. Added sugars are those that don't occur naturally in a food or drink but are added during processing or preparation. They add calories but little nutrition. They can cause weight gain.

- The Dietary Guidelines for Americans strongly recommend limiting foods and drinks that contain added sugars.
- The American Heart Association recommends that children and teens have less than 6 teaspoons of added sugars a day and no more than 8 ounces of sugary drinks a week.

Many packaged or processed foods and drinks have added sugars. The best way to know if an item contains added sugar is to look at the ingredients list on the label. Ingredients are listed in order by weight. The Nutrition Facts label lists both total and added sugar per serving. It's a good way to know how much sugar you're getting.

Common Foods with Added Sugars

Some of the most common foods that have added sugars are:

- Regular soft drinks
- Energy drinks
- Sports drinks
- Fruit drinks (like punch and lemonade)
- Candy
- Cakes
- Cookies
- Pies
- Cobblers
- Sweet rolls
- Pastries
- Donuts
- Dairy desserts (like ice cream)

Avoiding Added Sugars

Sugars are often added when foods and drinks are processed or prepared. Use these tips to limit foods and drinks with added sugars.

- Be alert with processed foods.

Added sugars are common in:

- Drinks such as regular soda, fruit juice, sports drinks, and energy drinks.
 - Desserts such as cakes, cookies, pies, ice cream, and candy.
 - Many foods, including bread, yogurt, baked beans, and tomato sauce.
 - Condiments such as ketchup and salad dressing.
- Don't be fooled by "health foods." Some of them may be low in saturated fat and salt but still have a lot of sugar. For example, look out for sugar in:
 - Cereal, granola, crackers, and nutrition bars.
 - Fat-free cookies, candies, chips, and frozen treats.
 - Foods that have reduced sodium (salt) or fat.
 - Read food labels carefully. Check the Nutrition Facts label.
 - This lists both total and added sugar. It's a good way to know how much sugar you are getting.
 - Total Sugars include sugars that are naturally found in foods like milk and fruits, as well as any sugars added to the food.
 - Added sugars are sugars added to food during processing, like table sugar, syrups, and honey. They do not include sugars that are naturally in milk, fruits, or vegetables.

Total Sugars 15g

Includes 7g Added Sugars

14%

Check the ingredients list.

- These lists are ordered by weight. If you see sugar (or another name for sugar) listed early in the ingredients list, that food has more sugar in it compared to the ingredients that follow it.

Other Names for Sugar

Some sugars are easy to find because the label will say "sugar." These are sugars like brown sugar, confectioner's or powdered sugar, raw sugar, or white granulated sugar.

But many foods have sugar, even if the label does not say “sugar.” It is important to check for sugars. Sugar can hide under other names.

- Words that end in **-ose** are often sugar. Here are some names to look for:
 - Dext**rose**
 - Fruct**ose**
 - Gluc**ose**
 - Lact**ose**
 - Malt**ose**
 - Sucr**ose**
- Other names for sugar you might see:
 - Agave syrup
 - Corn sweetener
 - Corn syrup
 - High-fructose corn syrup
 - Evaporated cane juice
 - Fruit juice concentrate
 - Honey
 - Molasses
 - Syrup
- Sugar alcohols are a type of sweetener. They are used in foods labeled “sugar-free” or “no sugar added.” Even though a food is “sugar-free,” it still has carbohydrate and calories. Many sugar alcohols end in **-ol**, but not all. Watch for names like:
 - Sorbit**ol**
 - Xylit**ol**
 - Erythrit**ol**
 - Glycer**ol**
 - Lactit**ol**
 - Maltit**ol**
 - Mannit**ol**
 - Isomalt
 - Hydrogenated starch hydrolysates (HSH)

Artificial Sweeteners

Artificial sweeteners are **not** added sugars.

Artificial sweeteners can be used instead of sugar to sweeten foods and drinks. They are also found in many foods sold in grocery stores. These sweeteners, also called sugar substitutes, are

made from chemicals and natural substances. Many people use sugar substitutes as a way to limit how much sugar they eat.

Artificial sweeteners provide no energy, so they do not affect your blood sugar. If you have diabetes, these substitutes are generally safe to use.

- The most common sugar substitutes are:
 - Aspartame (Equal®, NutraSweet™)
 - It is mostly used to sweeten diet soft drinks.
 - Saccharin (Sugar Twin®, Sweet’N Low®)
 - It is used in many diet foods and drinks.
 - Sucralose (Splenda®)
 - It is in many diet foods and drinks.
 - Acesulfame K (Sunett®)
 - It is often combined with saccharin in diet soft drinks.
 - Stevia (PureVia®, SweetLeaf®, Truvia®)
 - Stevia is made from a plant and is used in foods and drinks.

Glycemic Index and Glycemic Load

Glycemic Index (GI)

This tells us **how fast** a food with carbohydrates (like bread or fruit) can raise your blood sugar. Carbohydrates raise blood sugar more than other nutrients, like proteins and fats. Some carbohydrate foods raise blood sugar more than others.

Foods are ranked on a scale of 0 to 100 for the glycemic index:

- Foods with a **glycemic index under 56** are good choices. They raise blood sugar slowly.
- Foods with a **glycemic index between 56 to 69** have a moderate impact on your blood sugar.
- Foods with a **glycemic index more than 70** have a larger impact on your blood sugar. They raise blood sugar quickly.

Finding Glycemic Index

The glycemic index (GI) not always listed on food labels. But you can still find it:

- On a trusted website.
 - Example: glycemicindex.com.
 - This site is based in Australia, where much of the research on GI began. Many healthcare professionals in the United States use it as a trusted place to look up GI values.
- Try free phone app.
 - Examples: MyFitnessPal, Glucose Buddy, and Low GI Diet Tracker.
- Search for a food by name in your web browser.
 - Example: “Glycemic index of dragon fruit.”

Glycemic Load (GL)

This tells us **how much** a food will raise your blood sugar. It is not on a scale from 0 to 100. Instead, it is a calculated number based on:

- How fast it raises your blood sugar (GI).
- How much sugar is in one serving.

A low glycemic load can help with managing weight. Here’s how different glycemic loads affect blood sugar and weight management:

- Foods with a **glycemic load under 10** are good choices. These foods should be your first choice.
- Foods with a **glycemic load between 10 and 19** will have a moderate impact on your blood sugar.
- Foods with a **glycemic load more than 20** have a larger impact on your blood sugar.

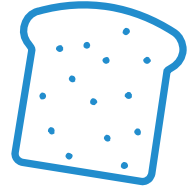


Finding Glycemic Load

To find the glycemic load, multiply the glycemic index (GI) by the amount of carbohydrates (carbs) in a serving then divide by 100.

$$(GI \times \text{carbs}) \div 100$$

Example: A slice of white bread with the GI of 70 has 15 grams of carbs.



1. Start with the formula.
 $(GI \times \text{carbs}) \div 100$
2. Plug in the numbers.
 $(70 \times 15) \div 100$
3. Multiply first.
 $70 \times 15 = 1,050$
4. Divide by 100.
 $1,050 \div 100 = 10.5$

The glycemic load for a slice of bread is 10.5.

Food Examples

Here are some charts that show how different foods can affect your blood sugar. It lists the glycemic index and glycemic load for some common foods.

Try to eat foods with a low glycemic load most often. It is also helpful to choose foods with a low glycemic index.

The colors on the charts will help guide you on food choices:

- **Green** – A better choice for keeping your blood sugar steady.
- **Yellow** – An okay choice sometimes.
- **Red** – Can raise blood sugar more. Eat these less often and in smaller amounts.

The color-coding takes both glycemic index and glycemic load into account. For example, a food may have a low glycemic index but a high glycemic load. That food would be marked red because of the bigger impact on your blood sugar.



Meats and Protein

Food	Glycemic index	Serving size ounces (oz)	Glycemic load per serving
Beef	0	4 oz	0
Chicken	0	4 oz	0
Eggs	0	4 oz	0
Fish	0	4 oz	0
Lamb	0	4 oz	0
Pork	0	4 oz	0
Shellfish	0	4 oz	0
Veal	0	4 oz	0



Nuts

Food	Glycemic index	Serving size ounces (oz) teaspoon (tsp)	Glycemic load per serving
Almonds	0	1½ oz	0
Cashews	25	1½ oz	3
Hazelnuts	0	1½ oz	0
Macadamia	0	1½ oz	0
Peanuts	13	1½ oz	1.6
Peanut Butter	22	1 tsp	1
Pecans	0	1½ oz	0
Pumpkin Seeds, Dried	0	1 oz	0
Pine Nuts, Dried	0	1 oz	0
Walnuts	0	1½ oz	0



Beans

Food	Glycemic index	Serving size ounces (oz)	Glycemic load per serving
Baked Beans	40	5 oz	5
Black Beans	30	5 oz	7
Chickpeas	10	5 oz	3
Kidney Beans	34	5 oz	9
Soybeans	15	5 oz	1
Navy Beans	39	5 oz	12



Vegetables

Food	Glycemic index	Serving size <i>cup (c)</i>	Glycemic load per serving
Avocado	0	1 c	0
Broccoli, Cooked	0	½ c	0
Cabbage, Cooked	0	½ c	0
Celery, Raw	0	1 stalk	
Cauliflower	0	1 c	
Cucumber	0	½ c	0
Green Beans	0	1 c	0
Mushrooms	0	1 c	0
Spinach	0	1 c	0
Bell Pepper, Green, Raw	50	1 c	2
Peas, Frozen	48	½ c	3.4
Sweet Potato	54	1 medium sweet potato	12.4
Yam	54	1 medium yam	20
Beets, Canned	64	½ c	9.6
Carrot, Raw	92	1 large carrot	1
Corn on the Cob	48	about ¾ c or 1 small ear	14
Parsnip	97	½ c	11.6
Potato	82	1 medium potato	21



Dairy

Food	Glycemic index	Serving size <i>ounces (oz) cup (c)</i>	Glycemic load per serving
Cheese, Cheddar, Sharp	0	1 slice (1 oz)	0
Cheese, Provolone	0	1 slice (1 oz)	0
Cheese, Swiss	50	1 slice (1 oz)	
Ice Cream, Low-Fat	47	½ c	9
Ice Cream, Regular	38	½ c	6
Milk, Skim	37	1 c	4
Milk, Whole	31	1 c	5
Pudding	44	½ c	8.4
Yogurt, Plain	36	1 small container (8 oz)	6.1
Yogurt, Reduced-Fat, with Fruit	33	1 small container (8 oz)	11
Cottage Cheese, 2% Milk Fat	88	1 c	7



Fruits

Food	Glycemic index	Serving size <i>cup (c)</i>	Glycemic load per serving
Blackberries	32	1 c	5
Blueberries	25	1 c	3
Cherries, Sweet, Raw	22	1 c	3.7
Grapefruit	25	½ grapefruit	2.8
Honeydew	27	1 c	4
Peach, Fresh	42	1 medium peach	5
Pear, Fresh	33	1 medium pear	4
Plum	24	1 plum	1.7
Raspberries	32	1 c	5
Apples, with Skin	39	1 medium apple	5
Apricot, Dried	32	1 c	23
Banana	48	1 medium banana	11
Cranberries, Dried, Sweetened	57	12 cranberries	12
Grapes	59	1 c	11
Kiwi, with Skin	58	1 kiwi	5.2
Mango	51	1 c	12.8
Orange	48	1 orange	7.2
Pears, Canned in Juice	44	1 c	12.3
Pineapple, Raw	66	1 c	11.9
Prunes	29	1 c	34.2
Strawberries	40	1 c	3.6
Apricot, Canned in Light Syrup	64	1 c	24.3
Cantaloupe	65	1 c	7.8
Fruit Cocktail, Drained	55	1 c	19.8
Papaya	60	1 c	6.6
Peaches, Canned, Heavy Syrup	58	1 c	28.4
Peaches, Canned, Light Syrup	52	1 c	17.7
Raisins	64	1 small, snack-sized box	21
Watermelon	72	1 c	7.2



Grains

Food	Glycemic index	Serving size <i>cup (c)</i>	Glycemic load per serving
Couscous	65	about $\frac{3}{4}$ c cooked	9
Quinoa	53	about $\frac{3}{4}$ c cooked	13
Rice, Brown	50	about $\frac{3}{4}$ c steamed	16
Rice, White	72	about $\frac{3}{4}$ c steamed	29



Breads

Food	Glycemic index	Serving size	Glycemic load per serving
Bagel, Plain, White	72	1 small bagel or $\frac{1}{2}$ of a large bagel	33
Bread, 100% Whole Rye	65	1 slice	8.5
Bread, 100% Whole Grain	51	1 slice	7
Bread, Corn	110	1 piece	30.8
Bread, French	95	1 slice	29.5
Bread, White	70	1 slice	10.5
Bread, Whole Wheat	69	1 slice	9
Hamburger Bun	61	1 slider bun or $\frac{1}{2}$ regular bun	9
Melba Toast	70	4 rounds (each about the size of a cracker)	5.6
Roll, Kaiser	73	1 roll	21.2
Pita, White	68	$\frac{1}{2}$ pita	10
Pita, Whole Wheat	57	1 pita	17
Taco Shell	68	1 medium shell	4.8
Tortilla, Corn	52	2 tortillas	12



Pasta and Noodles

Food	Glycemic index	Serving size <i>cup (c)</i>	Glycemic load per serving
Fettuccini	32	about $1\frac{1}{2}$ c boiled	15
Spaghetti, Whole Grain	42	about $1\frac{1}{2}$ c boiled	17
Macaroni and Cheese, Kraft®	64	about $1\frac{1}{2}$ c prepared	33
Spaghetti, White	46	about $1\frac{1}{2}$ c boiled	22



Cereals

Food	Glycemic index	Serving size cup (c)	Glycemic load per serving
Bran Flakes	74	¾ c	13.3
Cheerios®	74	1 c	13.3
Corn Flakes	92	1 c	21.1
General Mills® Corn Chex®	83	1 c	20.8
Kellogg's® Coco Pops®	77	1 c	20
Kellogg's® Rice Krispies®	82	1 c	23
Kellogg's® Special K®	69	1 c	14.5
Muesli	66	⅔ c	23.8
Oatmeal	58	½ c	6.4
Oatmeal, Instant	65	1 c	13.7
Post® Grape-Nuts®	75	½ c	31.5
Raisin Bran	61	1 c	24.4



Baked Goods and Pastries

Food	Glycemic index	Serving size	Glycemic load per serving
Cake, Chocolate with Chocolate Frosting	38	1 small slice	13
Cake, Vanilla with Vanilla Frosting	42	1 small slice	16
Cake, Angel Food, Sara Lee®	67	1 slice	10.7
Cookie, Oatmeal	66	1 cookie	6
Croissant, Butter	67	1 medium croissant	17.5
Donut, Glazed	76	1 large donut	24.3
Muffin, Blueberry	59	1 medium muffin	30
Waffle, Homemade	76	1 waffle	18.7



Candy and Sweets

Food	Glycemic index	Serving size		Glycemic load per serving
		ounces (oz)	cup (c)	
		teaspoon (tsp)	tablespoon (tbsp)	
Dove® Dark Chocolate Bar	23		1 oz	4.4
Peanut M&M's®	33		1 oz	5.6
Honey	87		1 tbsp	3
Jam, Strawberry	51		2 tbsp	10.1
Jelly Beans	78		1 oz	22
Snickers® Bar	68		½ bar	23
Table Sugar	68		1 tsp	3.5



Snacks

Food	Glycemic index	Serving size		Glycemic load per serving
		ounces (oz)		
Popcorn	55		1 c	3
Crackers, Whole-Grain	52		1 oz (about 7 crackers)	12.5
Chips, Corn	42		1 oz (about 10 chips)	11
Chips, Potato	56		1 oz (about 15 chips)	12
Crackers, Graham	74		2 squares (1 full cracker sheet)	8.1
Pretzels	83		¾ oz (about 15 small pretzels)	16



Artificial Sweeteners

Sweetener	Glycemic index	Serving size		Glycemic load per serving
		teaspoon (tsp)		
Stevia	0		1 packet or dropper or liquid	0
Xylitol	0		1 tsp	0
Erythritol	0		1 tsp	0



Drinks

Drink	Glycemic index	Serving size ounces (oz) cup (c)	Glycemic load per serving
Coffee, Black	0	1 c	0
Tea, Black, Green, or Herbal	0	1 c	0
Water, Flat or Sparkling	0	1 c	0
Apple Juice	41	1 c	11.9
Grapefruit Juice, Unsweetened	48	1 c	13.4
Pineapple Juice	46	1 c	14.7
Soy Milk	44	1 c	4
Tomato Juice	38	1 c	3.4
Cola, Carbonated	63	12 oz can	25
Cranberry Juice, Cocktail	68	1 c	24
Hot Chocolate Mix	51	1 packet	11.7
Gatorade®, Orange	89	1 c	13
Orange Juice	57	1 c	15

Harvard Health Publishing, 2021. Glycemic Index and Glycemic Load tables. Harvard Health. Available at: <https://www.health.harvard.edu> (Accessed: 16 April 2025).

Healthy Eating Tips

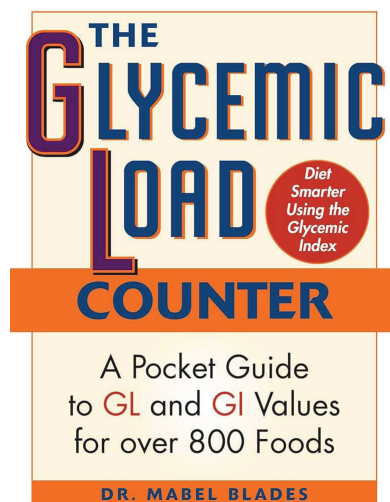
Here are some simple tips to help you focus on foods with a healthy glycemic index and glycemic load:

- Make protein the main part of your meals.
- Eat a high protein breakfast every morning.
- Snack on nuts and seeds for protein and healthy fats.
- Choose fruits and berries that you can eat with the skin on.
- Pick foods that are more natural and less processed.
- Watch portion sizes.
- Stay away from:
 - Grains like corn
 - Potatoes
 - Rice
 - Processed foods
 - Cereals
 - Sugar
 - Salt
 - Sugary drinks
 - Caffeine

- When in doubt about glycemic load and glycemic index, focus on fiber-rich foods, whole foods, and watch portion sizes.

Learn More

Check out the book *The Glycemic Load Counter* by Dr. Mabel Blades. It gives the glycemic load and glycemic index for over 800 foods to help you make healthy food choices.



Resources



Added Sugars in Cereal

Cereal tastes good, but many cereals have a lot of sugar. Some cereals that seem healthy actually have as much sugar as a donut.

Some examples of cereals with high added sugars to watch out for are:

Cereal	Total Sugar	Added Sugar
Kellogg's® Raisin Bran Crunch®	19g	13g
Quaker® Simply Granola® Oats, Honey & Almonds	13g	10g
Bear Naked® Fruit and Nut Granola	13g	10g
Kellogg's® Frosted Mini-Wheats®	12g	12g
Honey Nut Cheerios®	12g	12g
Kellogg's® Special K® Chocolatey Delight®	12g	12g

Try to look for cereals with lower amounts of added sugar and natural ingredients.

Some healthier low-sugar cereal options include:

Cereal	Total Sugar	Added Sugar
Multi Grain Cheerios®	8g	8g
Original Cheerios®	2g	2g
General Mills® Kix®	4g	4g
General Mills® Rice Chex®	3g	3g
Kashi® Whole Wheat Biscuits, Autumn Wheat®	7g	7g
Nature's Path® Heritage Flakes®	5g	5g

Chalstrom, E. (2023, February 23). 6 "Healthy" cereals that have as much sugar as a doughnut: Plus, swaps that can help you reduce your intake. EatingWell. Reviewed by Jessica Ball, M.S., RD. <https://www.eatingwell.com>

Cut Down on Added Sugars

It's important to avoid or limit foods and drinks that are higher in added sugars. If you have a lot of added sugars in your diet, it's hard to get all the nutrients you need without also getting too many calories — and that may make it hard to stay at a healthy weight.

Learn how to cut down on added sugars.



What are added sugars?

Added sugars include sugars that are added to foods and drinks — and foods packaged as sweeteners, such as table sugar, syrups, and honey. Added sugars are in foods and beverages such as:



Drinks like regular soda, sweetened coffee and tea drinks, fruit drinks that aren't 100% juice, energy drinks, and flavored milk



Sweet treats like cookies, cake, ice cream, donuts, and candy



Granola bars, flavored yogurt, and many breakfast cereals

Some foods and drinks have sugar naturally — like fruits, 100% fruit juice, plain milk, and plain yogurt. The sugars in these foods are **not** added sugars.



What about fruit juice?

Most of the time, **choose whole fruits** instead of juice. If you do drink juice:

- Choose 100% fruit juice — which doesn't have added sugars
- Have a small serving

What's the limit for added sugars?

Try to limit added sugars as much as possible — a simple rule is to aim for **less (or much less!) than 50 grams a day**. And people who get less than 2,000 calories a day, such as younger children and some teens and women, need to limit added sugars to much less than 50 grams a day.

Children under age 2 need to make every bite count to meet their nutrient needs within calorie limits. That's why it's important not to give them any foods or beverages with added sugars.



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

Check the label

Check the Nutrition Facts label to see if foods are **low** or **high** in added sugars. Look at the % Daily Value (DV):

- **5% DV or less** is a **low** source of added sugars
- **20% DV or more** is a **high** source of added sugars

More often, choose foods that are lower in added sugars.



Why less than 50 grams?

It's important to get **less than 10% of your daily calories** from added sugars. If you get more than that, it's hard to get all the nutrients you need without getting too many calories. For a 2,000-calorie diet, 10% is 200 calories — and that's about 50 grams of added sugars.

So 50 grams is a simple limit to remember. But try to get even less. And remember not to give children under age 2 any added sugars at all.

Added sugars add up fast! See how many grams of added sugars and calories are in 1 serving (12 ounces) of these drinks:

Drink (12-ounce serving)	Added sugars (grams)	Total calories	% DV of added sugars
Sweetened tea	29	115	58%
Regular soda	37	156	74%
Lemonade	43	171	86%
Fruit drink (like fruit punch)	59	238	118%

How can I cut down on added sugars?

Small changes make a big difference! Try these healthy swaps:

- Instead of regular soda, drink water, sparkling water, or unsweetened tea
- Instead of sugary cereal, try plain oatmeal or yogurt with fruit
- Replace the candy dish with a fruit bowl

Take small steps to cut back:

- Make your own coffee or order plain coffee — add 1 teaspoon of sugar or less, use a no-calorie sweetener, or don't use any sweetener at all
- Enjoy a smaller serving of dessert — or share dessert with a friend

Remember, small changes make a big difference! So **start simple** — begin cutting down on added sugars today.

- Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
- Find more healthy eating tips and recipes at [MyPlate.gov](https://www.myplate.gov)



What about low- and no-calorie sweeteners?

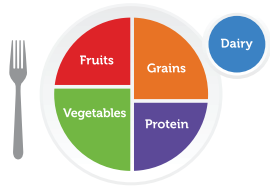
Low- and no-calorie sweeteners — like in “diet” sodas and sugar-free syrups — can help cut down on added sugars and calories. But they may not be a good way to manage your weight in the long term. If you have questions about how to manage your weight, talk with your doctor or a registered dietitian.



ODPHP

Office of Disease Prevention
and Health Promotion

Start *simple*
with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-9
March 2022



WellSpan.org

