

ADDED SUGARS

Here's what you need to know!

Tips to Help You Eat Less Added Sugar:

- Follow MyPlate's advice and **replace sugary drinks with water**. To add pizzazz to your beverage, throw in some sliced fruit or choose sparkling water.
- Satisfy your sweet tooth with **fresh fruit instead of candy**. Freeze grapes or blueberries for an intense burst of sweetness.
- Choose **100% fruit juice** instead of fruit drinks that contain added sugar.
- Breakfast cereals are often loaded with added sugars. **Try plain oatmeal and flavor it with fruit**. Add a dash of cinnamon, ginger, or vanilla extract for another boost!

What Are Added Sugars?

According to MyPlate, "Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits."

Added sugars can have a negative impact on health and weight management. In fact, the Dietary Guidelines for Americans recommend that people "Reduce the intake of calories from solid fats and added sugars."

There's lots of research to support that assertion. The guidelines maintain, "Consuming too much sodium, solid fats, saturated and trans fatty acids, cholesterol, added sugars, and alcohol increases the risk of some of the most common chronic diseases in the United States." Cut down on added sugars in order to reduce your chronic disease risk!

