



# Added Sugars and Your Health

The Dietary Guidelines for Americans recommend that we keep added sugars to no more than 10% of our daily calories. **Let's talk about why.**



## Added sugars are low in nutrients.

Foods that contain added sugars are typically calorie-dense and high in "empty calories." These provide calories but little nutritional value.



## Foods with added sugars can displace more nutritious options.

Added sugars can displace more nutritious calories in your eating pattern, taking up space that would be better filled with nutrient-dense foods like fruits, vegetables, whole grains, varied protein, and low-fat dairy.



## Foods that are high in added sugars often contribute to weight gain.

If you regularly consume more calories than you need, then you may end up struggling with weight. Obesity is linked to several chronic diseases.



## Added sugars have been connected with chronic disease.

According to the Dietary Guidelines for Americans and the Centers for Disease Control and Prevention (CDC), added sugars can contribute to a higher risk of heart disease, type 2 diabetes, obesity, and certain types of cancers.



## To improve your eating pattern, know where added sugars hide.

The CDC has found that "The leading sources of added sugars in the U.S. diet are sugar-sweetened beverages, grain-based desserts like cakes and cookies, candy, and dairy desserts like ice cream," so eat those foods in moderation.



## Check Nutrition Facts to make sure you aren't eating hidden sugars.

You can check the Nutrition Facts label on your foods to evaluate their added sugar content. Take a look at the ingredient lists and watch out for words like corn syrup, dextrose, evaporated cane juice, fructose, glucose, high-fructose corn syrup, honey, invert sugar, molasses, raw sugar, sugar, sucrose, and trehalose, especially if any of these words are at the top of the ingredient list.



## Shift your eating pattern to more healthful choices.

Replace sugar-sweetened beverages with unsweetened drinks, eat fruit for dessert instead of cookies or cakes, choose unsweetened packaged foods, etc. Find some switches that work for you.