

# Added Sugars

## What are “Added Sugars” –

- **Added Sugars** - are sugars that food manufacturers “add” to food products - similar to if you “added” sugar to black coffee. *Added Sugars* contribute calories but have no nutrient value.
- **Naturally-Occurring Sugars** - are sugars that are “naturally” found in some foods – fresh fruits, vegetables, and milk. These foods are full of a variety of nutrients. We can enjoy these foods without worry.

**Recommendation** – We should try to keep our daily *Added Sugar* intake as low as possible. The American Heart Association recommends MEN have no more than 9 teaspoons (or 36 grams) of *Added Sugar* per day and WOMEN have no more than 6 teaspoons (or 25 grams) of *Added Sugar* per day.

**What foods have Added Sugars** – Regular soda, candy, fruit punch, cakes, cookies, pies, brownies, doughnuts, pastries, ice cream, some brands of peanut butter, yogurts, cereals, crackers, pizzas, pasta sauces, etc. *Added sugars* hide in MANY foods, so check the ***Ingredient List*** of foods you buy and look for Added Sugars. Use this information to compare products and choose foods with less or no *Added Sugars*.

**Meals on Wheels** – A hot, nutritious meal is the basis of the Meals on Wheels Program. Each of our meals meet at least 1/3 of the Daily Recommended Dietary Allowance for the population we serve. Our hot meals provide a daily dessert. A fruit or fruit-based dessert is served 3 days each week and 2 days a week a sweet treat is served.

**How to Cut Back on Added Sugars** - When planning your meals and snacks, it is important to choose foods that are full of nutrients and limited in added sugars, saturated fat, and sodium.

- Think about your drinks – choose plain water or sparkling water over soda, lemonade, or fruit drinks.
- Satisfy your sweet tooth with fruit - learn to enjoy more fruit. Eat fruit guilt-free.
- Don’t overindulge with sweets. For example, serve yourself 2 cookies or ½ c. ice cream. Seal & stow the package right away. When eating out, split your dessert with a friend.
- Read your labels & compare products before you buy – Look for zero grams of *Added Sugars* or products with no more than 5% DV of *Added Sugars*.
- Learn to identify sugar by its many names – corn sweetener, corn syrup, fructose, sucrose, malt syrup, honey, high-fructose corn syrup, cane juice, molasses, etc.

Sources: Information taken from: [Cut Down on Added Sugars](#). ODPHP; 2015-2020 Dietary Guidelines for Americans; March 2016.

[Start Simple with MyPlate, Cut Back on Added Sugars](#). USDA Food and Nutrition Service; March 2022; <https://www.myplate.gov/tip-sheet/cut-back-added-sugars> and [Added Sugars](https://www.heart.org). <https://www.heart.org> > Added Sugars; May 23, 2024.

**Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.**