

Limit Added Sugars

Your body can get all the sugar it needs by eating foods that naturally contain sugar, including fruit, dairy, and grains. However, sugar is added to many processed foods and drinks that we consume. While it's okay to eat a sweetened food or treat once in a while, eating too much can lead to obesity and other health problems. The American Heart Association recommends daily limits for added sugars: 9 teaspoons (36 grams) for men and 6 teaspoons (24 grams) for women.

Ways to Limit Added Sugars

- Reduce sugar-sweetened drinks (pop/soda, bottled tea and coffee drinks, fruit drinks, flavored waters, etc.).
- Read the Nutrition Facts label on the package or container. Many products now list added sugars.
- Check the ingredients list on the package. Words that mean sugar include syrup, molasses, nectar, malt, honey and words that end in “-ose.” If a sweetener is listed as one of the first 3 ingredients, avoid this product.
- Cut back on added sugar in coffee and tea.
- Flavor water with slices of lemon or a few berries.

