

## CSFP Newsletter

*Nutrition Information, Recipes and Resources for Minnesota Seniors*



### Getting The Scoop On Sugar

There are two types of sugars in foods: added sugar and naturally occurring sugar.

**Naturally Occurring Sugars:** These sugars are found *naturally* in foods, such as the lactose in milk and fructose in fruit.

**Added Sugars:** These include any sugars that are *added* to foods or beverages during processing or preparation. Examples of this include putting sugar in your morning coffee or adding sugar to your cereal. Added sugars (or added sweeteners) can include white sugar, brown sugar and honey. And then there is the widely known high fructose corn syrup, which is a liquid sweetener made from corn starch. The corn is broken down into particles of “glucose”, which is a type of sugar. Half of these glucose particles are then changed into “fructose” which is much sweeter than glucose.

### The Need To Reduce Added Sugars

Sugars are not harmful to the body in small amounts; however, the body doesn't need to have added sugar in order to function correctly.

Unfortunately, in the past 30 years, Americans have steadily consumed more and more added sugars in their diets. Reducing added sugars can help cut calories, improve heart health and control weight.

The American Heart Association recommends **limiting** the amount of added sugars in the diet. There are also several nutrition/fitness apps available to assist with intake and daily exercise such as My Fitness Pal and MyPlate.

## Finding Added Sugars

To identify added sugars, look at the ingredients list of the nutrition label. The primary culprits that an ingredient is an added sugar are words with “syrup” (corn syrup, rice syrup). Words ending in “ose” (fructose, sucrose, maltose, dextrose) and sugars such as brown, granulated, white and confectioner’s.

## Three Foods with “Hidden” Sugar

**Cereal:** Even though a cereal may be a whole grain or fortified with vitamins and minerals, doesn’t mean there isn’t any sugar. Choose cereal with 10-12 grams or less of sugar per serving. Granola bars and granola are heavy sources of added sugar, so be sure to check the label.

**Yogurt:** Take a peek at the nutrition facts label on your favorite flavored yogurt. It may come as a surprise at how much sugar one could be eating in a single serving. Shop around for less sugar-laden yogurts. Or try adding your favorite canned or fresh fruit (pears, peaches, mixed fruit) to your plain yogurt.

**Condiments:** Ketchup, BBQ sauce teriyaki sauce and even salad dressings have added sugars that can add up quickly.

**Beverages:** Drinking beverages that contain high levels of sugar is associated with a higher risk of coronary artery disease in adults who do **NOT** even have a history of cardiovascular disease. Read the nutrition facts label when choosing beverages, such as carbonated beverages, flavored milk and sports drinks.

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### Sample of Added Sugars: Yoplait Original Low-Fat Strawberry Yogurt

|                        | % Daily Value* |
|------------------------|----------------|
| Total Fat 2g           | 3%             |
| Saturated Fat 1.5g     | 6%             |
| Trans Fat 0g           |                |
| Cholesterol 10mg       | 3%             |
| Sodium 90mg            | 4%             |
| Potassium 280mg        | 6%             |
| Total Carbohydrate 27g | 10%            |
| Total Sugars 19g       |                |
| Added Sugars 13g       | 26%            |
| Protein 6g             |                |

This nutrition label shows one serving of low-fat strawberry yogurt contains 26% of the daily value for consuming added sugars.

The ingredient list shows “sugar” as the second ingredient, ahead of strawberries.

**Ingredients:** Cultured Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Water

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To obtain this information in a different format, call:

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**References:** *Tips for Cutting Down on Sugar.* (n.d.). Tips for Cutting Down on Sugar | American Heart Association. Retrieved January 2, 2023, from [Tips for Cutting Down on Sugar \(www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/tips-for-cutting-down-on-sugar\)](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/tips-for-cutting-down-on-sugar); *Added Sugar.* (2013, August 5). The Nutrition Source. Retrieved January 2, 2023, from [Added Sugar \(www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet\)](https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/); *High Fructose Corn Syrup Questions and Answers.* (2018, January 4). Sugar-sweetened carbonated beverage consumption and coronary artery calcification in asymptomatic men and women. *Am Heart J.* 2016 Jul;177:17-24. doi: 10.1016/j.ahj.2016.03.018. Epub 2016 Apr 16. PMID: 27297845. *Finding the Hidden Sugar in the Foods You Eat.* (2021, August 8). Finding the Hidden Sugar in the Foods You Eat | Johns Hopkins Medicine. Retrieved January 5, 2023, from [Finding the Hidden Sugar in the Foods You Eat \(www.hopkinsmedicine.org/health/wellness-and-prevention/finding-the-hidden-sugar-in-the-foods-you-eat\)](https://www.hopkinsmedicine.org/health/wellness-and-prevention/finding-the-hidden-sugar-in-the-foods-you-eat).