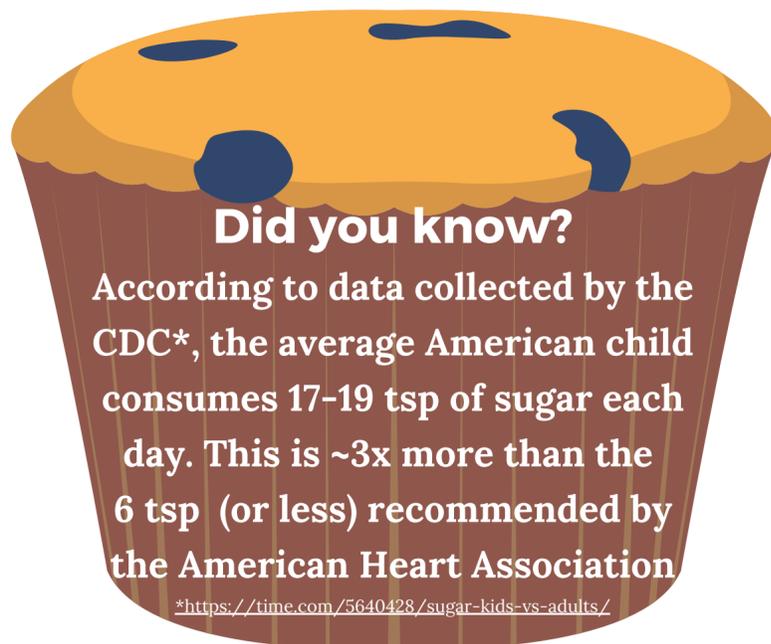


# SIMPLE WAYS TO REDUCE YOUR SUGAR INTAKE AT HOME



## Did you know?

According to data collected by the CDC\*, the average American child consumes 17-19 tsp of sugar each day. This is ~3x more than the 6 tsp (or less) recommended by the American Heart Association

\*<https://time.com/5640428/sugar-kids-vs-adults/>

## WHERE'S THE SUGAR?

Reducing added sugar is a top way to improve our metabolic health. The USDA now recommends that added sugars are 10% or less of your daily caloric intake. This guide will help you understand how -the types of added sugar, how to spot them, and easy swaps YOU can make.

**Added sugars**, ranging from honey and agave to high fructose corn syrup, are added to foods and beverages to give them extra sweetness or flavor. These sugars are refined and often consumed in excess quantities without any of the beneficial nutrients, protein, and fiber. **Naturally occurring sugars**, like those found in whole fruits, are accompanied by beneficial nutrients and fiber that help slow your body's absorption of the sugar.

There are more than **262 ways** that sugar can show up on an ingredient label. It is important to become familiar with all the ways it can "hide" from you!

Learn more: [hypoglycemia.org/added-sugar-repository/](http://hypoglycemia.org/added-sugar-repository/)

## READ LABELS LIKE A PRO

Added sugars can be hard to spot, but knowing where to look can make all the difference. The second line under "Total Carbohydrates" is where you will find the **added sugar** content on the nutrition label.

### Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250      Calories from fat 10

% Daily Value\*

**Total Fat** 4%      4%

Saturated Fat 1.5%      4%

Trans Fat

**Cholesterol** 50mg      28%

**Sodium** 150mg      15%

**Total Carbohydrate** 10g      3%

Dietary Fiber 5g

**Added Sugars** 3g

**Protein** 10%

**Vitamin A** 1%      • **Vitamin C** 3%

**Calcium** 2%      • **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## MAKE THE SWAP!

Naturally occurring sugars in their **WHOLE** forms are the most beneficial and delicious too! Start with breakfast, then work your way throughout the day by trying some of our favorite swaps below:

- When baking, or making breakfast items such as pancakes, waffles, or oatmeal - try swapping out the sugar with **bananas**, **dates**, or **unsweetened applesauce**.
- Instead of flavored milk, try blending in **fresh strawberries**, **unsweetened cocoa powder**, or a **date** into your milk of choice!
- Craving a sweet morning snack? Try fresh, whole fruits like **apples**, **berries**, and **citrus** to satisfy your sweet tooth.



Limiting your added sugar consumption will lead to more energy, healthier organs, and greater resiliency against the flu, COVID-19, and other infections!

