



# — KNOW THE DIFFERENCE — Natural Sugars vs. Added Sugars

Your body uses the food you eat for energy. When you eat foods that provide carbohydrates, your body breaks them down into sugars, such as glucose. **While sugar is often seen as something to avoid completely, your body needs glucose to power virtually every biological process in your body** - from blinking and walking to breathing and even sleeping.

**However, there are some differences in the types of sugar found in food.**

## Natural Sugars

- Found in nutrient-dense foods such as fruits, vegetables, grains, beans, legumes, low-fat dairy.
- These foods are packaged with beneficial nutrients like vitamins and minerals.
- These foods also have fiber, protein, and/or fat that helps slow the absorption of sugar.
- Natural sugars don't spike blood sugar the same added sugars do, due to being digested more slowly.



## Added Sugars

- Added sugars are sweeteners that are added to foods for flavor during cooking, baking or processing.
- Common sources of added sugar found in foods include agave, coconut sugar, honey, malt, maple syrup, molasses, raw sugar, fructose and other ingredients that end in “-ose”.
- Some added sugars have small quantities of vitamins, minerals and antioxidants.
- The number of calories from added sugar you would need to consume to get a significant amount of those nutrients negates any health benefit.
- Most foods with added sugars are low in fiber, protein, and fat.
- The 2020-2025 Dietary Guidelines for Americans recommends keeping added sugar to less than 10% of your daily calories (for someone who eats 2,000 calories per day, that is about 50 grams of added sugar (or about 4 tablespoons), per day.
- Too much added sugar may cause tooth decay and weight gain and put you at higher risk for heart disease, diabetes and cognitive problems.



## Understanding the Sugar in Your Food

Reading Nutrition Fact labels helps you make informed choices about your food. Total Sugars include both naturally occurring sugars and added sugars, while Added Sugars identify only the amount of sugar added. Labels will list the number of grams and the percent Daily Value (%DV) for added sugars. The Daily Values are reference amounts of nutrients to consume or not to exceed each day.

### TO HELP GUIDE YOUR CHOICES:

- **5% DV** or less is considered LOW in added sugar
- **20% DV** or more is considered HIGH in added sugar

Nutrition Facts	
8 servings per container	
<b>Serving size</b> 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b> <b>110</b>	
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	0%
<b>Includes 23g Added Sugars</b>	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	
Calcium 0mg	0%
Iron 0mg	

# WAYS TO REDUCE ADDED SUGARS

Be mindful of portion sizes and aim to only occasionally enjoy foods that are high in added sugar like regular sodas, candy, sugary cereals, cookies and other baked goods.

*Added sugars can sneak into flavored yogurt and condiments like ketchup and salad dressings, so check the Nutrition Facts label! Fruit contains natural sugars, which can be used in place of added sugars to sweeten recipes, and provides additional fiber. Try these recipes with no added sugar:*



**Avocado Pancake Roll Ups**



**Soft and Chewy Avocado, Apple, Banana, and Oatmeal Cookie**



**Avocado Dark Chocolate Mousse**



**Chocolate Avocado Banana Pops**



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*Unlike most other fruits, **avocado contains zero gram of naturally occurring sugar per serving** and does not affect the glycemic response.*

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