

# Family Nutrition Newsletter

March 2022



## Reducing Added Sugar

Added sugars are sweeteners that are incorporated into foods during processing. **They provide sweetness and energy, but no other nutritional value.** Diets high in added sugars have been linked to cavities, obesity, type 2 diabetes, and heart disease.

Some of the most common added sugars in processed foods include cane sugar, high fructose corn syrup, honey, brown sugar, and brown rice syrup.

Common dietary sources of added sugar include soda, energy drinks, sugary cereal, candy, pastries, and flavored yogurts.



Help your family reduce their added sugar intake with the following tips:

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## CHECK FOOD LABELS

Packaged foods are now required to indicate the amount of added sugars on their labels. Use this information when comparing two similar products to help you pick the best one!



## SWEETEN FOODS WITH NATURALLY OCCURRING SUGAR

Sweeten up foods and snacks with naturally sweet fruits. These sweet treats come with vitamins, minerals, and fiber not found in added sugars. Try plain yogurt with berries or add bananas to low-sugar breakfast cereals.



## CHOOSE PLAIN BEVERAGES

Regularly choose plain beverages like water, plain milk, and unsweet tea. Avoid sodas, energy drinks, and other high sugar options.



## SAVE SWEET TREATS FOR SPECIAL OCCASIONS

Enjoy sweet treats such as candy, cakes, cupcakes, and cookies for special occasions. Remind children that these foods are delicious and fun, but they don't help us grow, so we don't need them everyday!