

PRODUCTS TO LOOK FOR: NO SUGAR ADDED

LifeStyle
MEDICAL CENTERS

PROTEIN FOODS



STARCHY FOODS



FRUIT FOODS



VEGGIES



HEALTHY FAT FOODS



OTHER FOODS

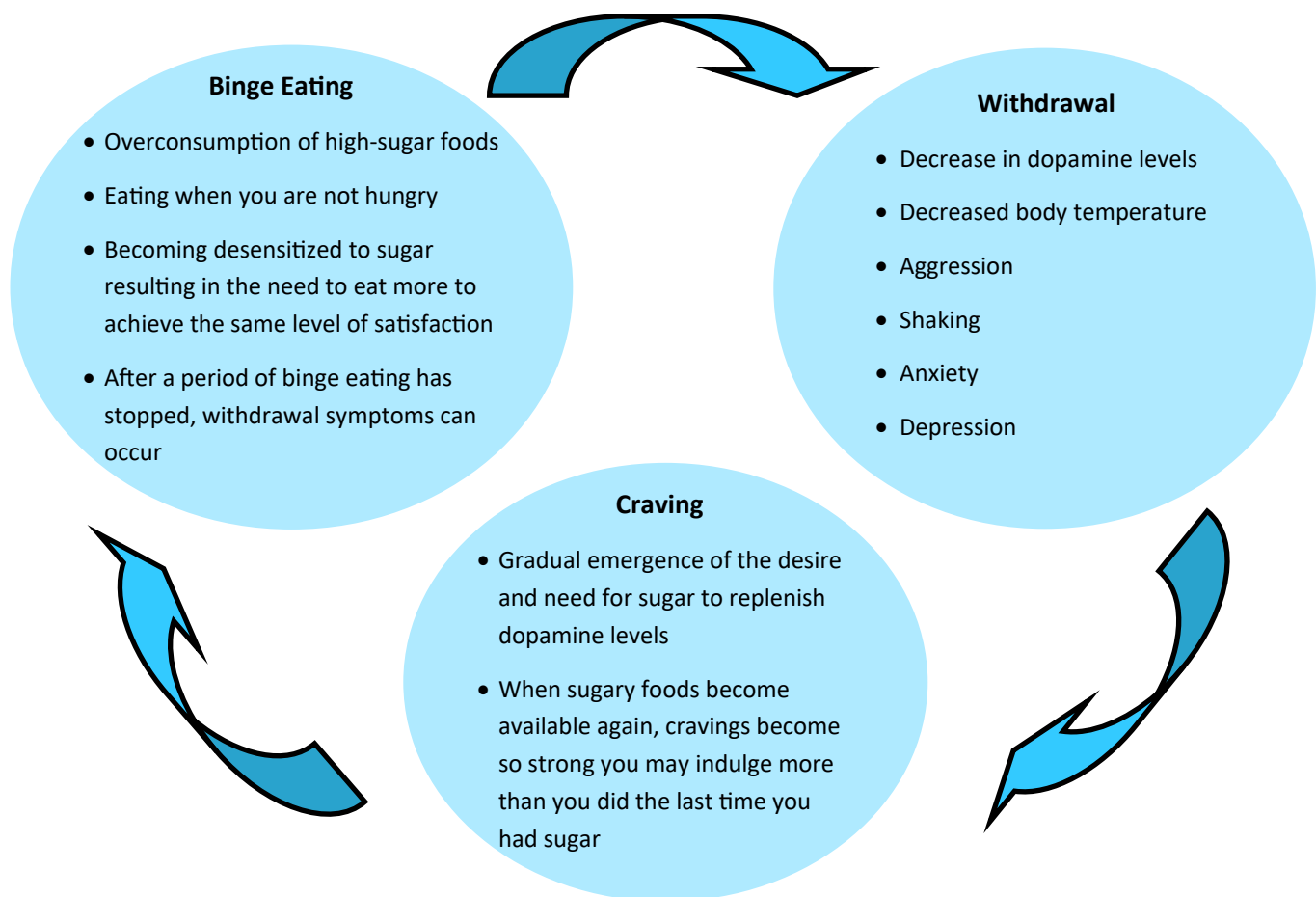
Sugar & Its Effects

According to the American Heart Association, added sugar in small quantities (6 tsp/day [25 g] for women, 9 tsp/day [30 g] for men) can be a part of a healthy diet. However, higher intakes of added sugars are associated with higher energy intake and lower diet quality.

The Effect of Sugar on the Body

Do you ever feel like you're addicted to sugar? Research has shown that sugar addiction is not only possible, but very common! Consuming sugar causes the brain to release dopamine which makes you feel happy. When you eat sugar often and in large amounts, your body becomes desensitized to dopamine. This means that the next time you eat sugar, you'll have to eat more to get the same "happy" feelings as before. Sugar activates the same reward center in your brain as cocaine and nicotine. Overtime, you develop an addiction to sugar. When you don't eat sugar, your body can go through sugar withdrawals leading to intense sugar cravings and binge eating episodes. This cycle of addiction, withdrawal, and craving can lead to a number of negative health effects listed below:

- Obesity
- Cavities
- Liver disease
- Heart disease
- Type 2 diabetes
- Metabolic syndrome
- Lack of satiety
- High cholesterol
- Kidney disease
- High blood pressure
- Elevated triglycerides
- Polycystic ovarian syndrome
- Dementia
- IBS
- Inflammation



Natural Sugar

Not all sugar is bad. Fruit and milk products naturally contain sugars, which do not pose a risk to our health. Fruit contains naturally occurring fructose, but also fiber and vitamins. When eating or drinking milk products, you are consuming lactose, and also protein, fat, and minerals, such as calcium. The nutrition facts label will include the total sugar amount and does not differentiate between natural and added sources. This is why food, such as plain yogurt, can still appear to contain sugar, even though it is coming from lactose and fructose, instead of added sources.

Added Sugar

Added sugar is any sweetener that is added to foods or drinks during processing or preparation. While some of these sugars come from natural sources, (such as agave, honey, sugar in the raw, maple syrup, and molasses) they are not normally found in foods so they are still considered added sugars.

Lifestyle Tip: Added sugar can vary greatly in packaged foods such as pasta sauce, cereal, yogurt, and bread. Always read nutrition labels to make sure you are getting the most nutrition and the least amount of added sugar for your money.

When looking for added sugars in your products, there a lot of different names they can be called:

Sugar:	Scientific Names:	“Natural” Sugars:
Any of the following names ending in “sugar” or “syrup”	Dextrose	Agave
Beet	Disaccharide	Cane juice
Brown	Galactose	Coconut nectar
Buttered	Glucose	Coconut sugar
Cane	Glucose Solids	Date sugar
Caramel	Maltose	Fruit juice
Carob	Monosaccharide	Honey
Confectioners	Polysaccharide	Maple sugar
Corn	Ribose	Maple syrup
Golden	Saccharose	Molasses
High fructose corn syrup	Sucrose	Rice malt
Invert		Sorghum syrup
Malt		Treacle
Raw		
Rice		
Turbinado		

What to Look For

When grocery shopping, read nutrition labels for the foods you are planning to purchase to determine the amount of sugar per serving. Choose brands with less added sugar and follow the guidelines below for specific products:

Protein Bars: <10 grams of sugar



Breads: ≤1 gram of sugar



Cereal: <10 grams of sugar



Yogurt: ≤10 grams of sugar



Pasta Sauce: ≤7 grams of sugar



Salad Dressing: ≤2 grams of sugar



Healthy Ways to Satisfy Sugar Cravings

There are several ways to satisfy your sweet tooth in a way that won't undo your hard work. Try some of the ideas to alleviate your sugar fix.

- Make a smoothie popsicle without added juice or honey
- Sprinkle unsweetened cocoa powder into your plain yogurt or on your nuts
- Spread some peanut butter or PB2 on an apple
- Slice up a banana and top it with unsweetened cocoa powder and unsweetened coconut shavings
- Try freezing your grapes before eating them

Banana-Chocolate "Pudding" (with Tofu)

Servings: 4 (1/2 cup each)

Active Cooking Time: less than 5 minutes

Exchanges: 1 Protein & 1 Fruit

Ingredients:

- 1 lb silken tofu
- 1 large very ripe banana
- 1/4 cup unsweetened cocoa powder
- 1 Tbsp sugar
- 1 tsp vanilla extract
- Cinnamon to taste, if desired

Directions:

Combine all ingredients in a blender and blend until smooth. Transfer to 4 oz dishes, cover, and refrigerate at least 1 hour before serving.

Nutrition Facts:

Calories: 112

Fat: 3g

Protein: 6g

Carbs: 15g

Fiber: 2g

Sugar: 8g

Sodium: 3mg

Sugar in Common Products

Sugar is everywhere! It may be added to your foods or beverages to improve the flavor/texture or prolong shelf life. No matter the reason sugar is added, it can add up quickly.



Sweet Baby Ray's BBQ Sauce (2 tbsp)
16 grams of sugar
~4 tsp of sugar



Starbucks Grande Caramel Frappuccino
86 grams of sugar
~20.5 tsp of sugar



Newman's Own Mustard (2 tbsp)
6 grams of sugar
~1.5 tsp of sugar



Chobani Indulgent Double Chocolate Chunk
12 grams of sugar
~8.5 tsp of sugar



Tropicana Grape Juice (15.2 fl oz)
72 grams of sugar
~17 tsp of sugar