

FINDING HIDDEN SUGARS

Processed foods, even some that claim to be healthy such as yogurt or granola bars, can be very high in added sugars and sweeteners. As a general rule, try to take in no more than 25 grams of added sugar for women and 37 grams for men per day, and less is better. On nutrition labels, added sugars are not separated from naturally occurring sugars (both are listed under “sugars”), but in general naturally occurring sugars are found in foods that are also high in fiber, so look for foods containing more fiber than sugar. Some manufacturers avoid listing sugar as the first ingredient by using several different sweeteners listed lower in the ingredients list. Recognize “hidden” sugars in foods by reading ingredient lists and looking for these common names for sugars and sweeteners.

Other Names for Sugars/Sweeteners

Sugar, cane sugar, beet sugar, cane syrup, cane juice, honey, agave nectar, glucose, fructose, sucrose, maltose, galactose, dextrose, dextran, maltodextrin, corn syrup, high fructose corn syrup, corn sweetener, oat syrup, barley malt, malt syrup, rice syrup, molasses, caramel/caramel coloring, fruit juice concentrate, muscovado, turbinado, panela, sorghum, tapioca syrup

ARTIFICIAL SWEETENERS

Paradoxically, using artificial sweeteners is associated with higher rates of obesity and diabetes. It isn't known whether this is because people who use artificially sweetened products “compensate” by taking in more unhealthy food at other times, or whether artificial sweeteners impair the ability to process sugars and contribute to sweet cravings. Overall, it is a good idea to stay away from artificial sweeteners whenever possible, focusing instead on taking in whole, real food.

Common Artificial Sweeteners

Acesulfame potassium, aspartame, neotame, Truvia®, saccharin, sucralose, Splenda®, sorbitol, xylitol, mannitol, Nutrasweet®

