

SUGARS & SWEETENERS



SUGAR

occurs naturally in some foods, but too many **ADDED SUGARS CAN HARM YOUR HEALTH.** These sugars are added to foods or drinks when processed or prepared. **ADDED SUGARS INCREASE CALORIES** but provide **NO NUTRIENTS.**



ON AVERAGE Americans consume **17** teaspoons of **ADDED SUGARS** each day.

HOW MUCH SUGAR SHOULD YOU CONSUME?

Try to limit **ADDED SUGARS** to **LESS THAN 10% OF YOUR DAILY CALORIES.**
1 gram = 4 calories
4 grams = 1 teaspoon



1 can of soda = up to **40 grams** of sugar = up to **160 calories**

COMMON NAMES For ADDED SUGARS

- Agave Syrup:** Made from real Agave Syrup. Flavored with Beet Sugar. Contains Cane Juice Crystals. Includes Cane Syrup.
- Syrup:** Made with Dextrose. Flavored from Evaporated Cane Juice. Contains Glucose.
- Fizz:** Contains Lactose. Flavored with Honey. Includes Malt. Made with Malt. Contains High Fructose Corn Syrup.
- Crunch:** Contains Maltose. Made with Sucrose. Made from Rice Syrup.
- Mint Chip:** Contains Maltose. Made with Sucrose. Made from Rice Syrup.

8 Ways to Curb Pesky SUGAR CRAVINGS

We live in a sugary world where reaching for sweet treats can quickly become a seemingly unbreakable habit. Use these tips to help combat your sugar cravings...



Keep Sugary Foods Away
A study* found that people ate twice as many Hershey Kisses when they're in clear containers than when they're in opaque containers. As they say: Out of sight, out of mind!

Break the Habit Slowly
Be nice to yourself. Sugar is everywhere. Decreasing your intake slowly will increase the likelihood of this becoming a lifestyle change instead of just a temporary change.

Avoid Stress
Many people struggle with emotional eating. Try to avoid emotional triggers or keep busy when feeling this way. Try listening to some tunes or a meditation track on your SleepPhones®!



Eat Naturally Sweet Foods

Grab a banana or snack on some grapes to satisfy your sweet tooth.



Eat Regularly

Eat normally throughout the entire day and avoid skipping meals. Skipped meals can result in intense hunger that leads to overeating and cravings.

Eat More Protein

Increase protein intake to feel fuller longer. Some great sources of protein include eggs, Greek yogurt, chicken, and almonds.



Drink Some Water
Sometimes we confuse our thirst with hunger. To feel fuller and more satisfied, drink a glass of water when those cravings start.

* https://www.eurekalert.org/pub_releases/2006-02/ours-co021506.php

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