

The Trouble with Too Much Added Sugar



If you ate only whole foods, you'd still be consuming sugar.

It's naturally found in many fruits, vegetables, whole grains, legumes, nuts, and seeds.

But sugar is added to a lot of foods, like drinks, desserts, yogurt, cereal, and sauces.⁵ Too much sugar can increase your risk for:

- Weight gain
- Tooth decay
- Heart disease
- Stroke
- Diabetes
- Liver and kidney damage
- Depression, dementia, and memory loss
- High cholesterol
- High blood pressure
- Certain types of cancer

7 Ways to Curb Sugar Cravings

Ready to curb your sugar cravings? It's going to take some practice, but you can do this. Here are some easy ways to get started:



1. Read food labels.

Watch out for ingredients like fructose and sucrose.

Check the amount of sugar in a single serving.

How does it measure

up to recommended limits per day (no more than 36 grams for men, 24 grams for women)? Keep track of how much sugar you eat.

2. Choose fresh and whole

foods like fruits, vegetables, whole grains, legumes, nuts, and seeds. Whole foods contain more fiber and complex carbohydrates that can help you feel fuller longer and curb sugar cravings.



3. Be more active.

Exercise helps use glucose (a form of sugar) as energy. But eat too much without enough exercise, and excess

glucose is stored as fat. Aim for at least 30 minutes of exercise per day.

4. Get tested. Ask your doctor about an Hg A1C test. This test measures your blood sugar level over the last couple of months. Have diabetes or are at risk for the disease? This test will tell you. Another option: A simple fasting blood glucose test.



5. Get your Zzzs.

Lack of sleep causes changes in levels of two hunger hormones (ghrelin and leptin).

When you're sleep deprived, hunger and food cravings for high-calorie and sugary snacks can go up.

6. Eat a healthy breakfast. Start your day with a breakfast high in protein and fiber. You'll feel fuller longer, and less likely to binge on sugary foods later. Try fruit, whole-grain toast, cereal or oatmeal, Greek yogurt, eggs, or mix fruit with cottage cheese.



7. Drink more water.

If you're used to sipping sweet tea, soft drinks, or coffee with sugar or a sweet creamer, cut back. Drink more water instead. If you don't like the taste of plain water, flavor it with fresh lemon, lime, or cucumber slices.



SUGAR SHOCK: ADDED SUGAR BY THE NUMBERS

Think you've got sugar cravings under control?³



You might be eating more sugar than you think...

496 calories. Average number of calories most adults eat per day from sugary foods.

30 teaspoons. Most adults eat this much added sugar per day.

51 pounds. Amount of sugar most adults consume in a year.

WHAT DOES A DAILY SUGAR HABIT LOOKS LIKE?



16 teaspoons of sugar in a 20-ounce soda.



15 teaspoons of sugar in a large chocolate shake



12 teaspoons of sugar in a 10-ounce glass of juice



7 teaspoons of sugar in a grande-sized coffee



5 teaspoons of sugar in a typical candy bar



3 teaspoons of sugar in a glazed donut

HOW MUCH ADDED SUGAR IS SAFE TO EAT?

The American Heart Association recommends **no more than:**⁴



6 teaspoons of added sugar per day for women or 24 grams

9 teaspoons of added sugar per day for men or 36 grams

6 teaspoons of added sugar per day for kids or 24 grams

References

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5. Singh, G.N., et al. (2015). Estimated global, regional, and national disease burdens related to sugar-sweetened beverage consumption in 2010. *Circulation*, 132(8). From: <https://tinyurl.com/yxr9rjmx>