

City of Bloomington, Division of Public Health

New year, new you tip #1: Reduce added sugar in your diet for better health and to manage your weight.

January, 2015 – Eating less added sugar will help weaken your desire for sugar and improve your health.

Eating too much sugar is not good for your health

- Increases food cravings
- May encourage binge eating
- Promotes weight gain
- Contributes to heart disease



American Heart Association Recommendations

- **Men:** fewer than 9 teaspoons (36 grams), or 150 calories, added sugar in a day*
- **Women:** fewer than 6 teaspoons (24 grams), or 100 calories, added sugar in a day*

*One 12-ounce can of regular soda contains 8-10 teaspoons of sugar and 130-150 calories.

How to decrease added sugar

- **Find out where added sugar in your diet is coming from and what forms of sugar there are.** Look for grams of sugar on food labels or if sugar is one of the first five ingredients. You may be surprised at the amount of sugar added to "healthy" foods like flavored yogurt and granola bars.
- **All of the following are forms of added sugar:** Agave nectar • Agave syrup • Barley malt • Beet sugar • Brown rice syrup • Brown sugar • Buttered syrup • Cane sugar • Cane juice • Cane juice crystals • Carob syrup • Confectioner's sugar • Corn syrup • High fructose corn syrup • Corn sugar • Corn sweetener • Corn syrup solids • Crystallized fructose • Date sugar • Dextran • Dextrose • Diatase • Diastatic malt • Evaporated cane juice • Fructose • Fruit juice • Fruit juice concentrate • Glucose • Glucose solids • Golden sugar • Golden syrup • Grape sugar • Grape juice concentrate • Honey • Invert sugar • Lactose • Malt • Maltodextrin • Maltose • Maple syrup • Molasses • Raw sugar • Refiner's syrup • Sorghum syrup • Sucanat • Sucrose • Sugar • Turbinado sugar • Yellow sugar
- **Replace foods that have added sugar with foods that have no added sugar.** For example:
 - Instead of sugared cereal, choose cereal with no or very little added sugar, and then add some fresh, sliced banana or berries for sweetness.
 - Instead of a granola bar, choose a whole-grain cracker with peanut butter.
 - Instead of flavored yogurt or ice cream, choose plain yogurt and add pieces of fresh fruit.
 - Instead of candies, choose a few almonds

What Public Health does for you

Working for healthier foods in the community is part of what we do for your wellness.

For more information, contact: Bloomington Public Health Division | 1900 West Old Shakopee Road, Bloomington, MN 55431 | PH: 952-563-8900 V/TTY | *Office hours:* Monday - Friday, 8 a.m. - 4:30 p.m. *Interpreters and transportation information are available upon request.*

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We make it easier for you to eat healthy by working to have healthier options available in schools, community venues and worksites. We have helped these locations to examine the less healthy foods that are available and to replace these foods with healthier options:

- Public schools serve no trans fats, serve more fruits and vegetables and have vending options with less sugar.
- Worksites have policies for healthier vending options.
- Recreation venues have healthier options.