

The truth about sugar

I am pretty sure that you guys are now looking at food labels with a lot more detail. Now that we are focusing on ADDED sugars (remember that fruit and dairy have naturally occurring sugars which are okay!), we should know what to look for!

Unfortunately, the grams of sugar on a label do not separate added vs naturally occurring sugars. So how do you know if a food contains added sugars? It's all on the ingredient list! When reading the ingredient list, watch out for: dextrose, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, evaporated cane juice, fructose sweetener, fruit juice concentrates, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, raw sugar, sugar, syrup and white sugar, fructose, lactose and maltose, amongst others. All these are forms of sugar and if listed on a label it means they have been added. Some foods may have even more than one added sugar in them!

Some other tips to decrease your sugar intake:

- buy foods labeled "no added sugar" or "unsweetened". These foods may still have sugar, but that would show you that is naturally occurring sugar
- trade sodas for flavored sparkling water or flavor it yourself with fruit
- if you go for ice cream, make smoothies with yogurt and frozen fruit (you can freeze into pops too!)
- honey or agave added to your coffee, yogurt or smoothie is also added sugar! Limit how much you add
- granola bars and cereals can be sneaky foods that add sugar to your diet...look around, there are plenty of options that have much less