Reducing Your Sugar Intake: Recommendations from Leading Health Organizations

USDA - United States Department of Agriculture

2010 Dietary Guidelines: Chapter 3 Food and Food Components to Reduce

2010 Dietary Guidelines for Americans

- “As a percent of calories from total added sugars, the major sources of added sugars in the diets of Americans are soda, energy drinks, and sports drinks (36% of added sugar intake), grain-based desserts (13%), sugar-sweetened fruit drinks (10%), dairy-based desserts (6%), and candy (6%).
- For most people, no more than about 5 to 15 percent of calories from solid fats and added sugars can be reasonably accommodated in the USDA Food Patterns, which are designed to meet nutrient needs within calorie limits.”

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sugars-and-Carbohydrates_UCM_303296_Article.jsp

Foods Containing Added Sugars:

“The major sources of added sugars are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks; dairy desserts and milk products (ie. ice cream, sweetened yogurt and sweetened milk); and other grains (ie. cinnamon toast and honey-nut waffles).”
How much is just right?

“The American Heart Association (AHA) recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that’s no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it’s 150 calories per day, or about 9 teaspoons. The AHA recommendations focus on all added sugars, without singling out any particular types such as high-fructose corn syrup.”

Tips for Reducing Sugar in Your Diet:

“Take sugar (white and brown), syrup, honey and molasses off the table — out of sight, out of mind!

- Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the usual amount of sugar you add by half and wean down from there, or consider using an artificial sweetener.
- Buy sugar-free or low-calorie beverages.
- Buy fresh fruits or fruits canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup.
- Instead of adding sugar to cereal or oatmeal, add fresh fruit (try bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).
- When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won’t notice the difference.
- Instead of adding sugar in recipes, use extracts such as almond, vanilla, orange or lemon.
- Enhance foods with spices instead of sugar; try ginger, allspice, cinnamon or nutmeg.
- Substitute unsweetened applesauce for sugar in recipes (use equal amounts).
- Try non-nutritive sweeteners such as aspartame, sucralose or saccharin in moderation. Non-nutritive sweeteners may be a way to satisfy your sweet tooth without adding more calories to your diet. The FDA has determined that non-nutritive sweeteners are safe.”

The Academy of Nutrition and Dietetics

Use of Nutritive and Nonnutritive Sweeteners
http://www.eatright.org/About/Content.aspx?id=8363&terms=sweeteners

- “Consume no more that 25% of your total calories coming from added sugars
- Higher intake of foods containing added sugars is associated with higher calorie intake and diets lower in important nutrients, which increases the risk for obesity, prediabetes, type 2 diabetes and cardiovascular disease.”