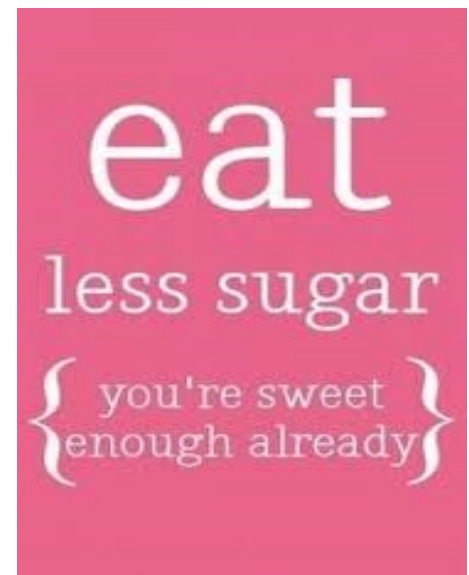


Reduce the Sugar CHALLENGE

Sept. 2-30 | 4 Weeks = 1 Point



What is Added Sugar?

This is sugar that is added to processed foods and drinks to improve flavor or color and to keep items fresher longer. **It provides no nutritional benefit.**

Why is it important to limit Added Sugar?

Too much added sugar can lead to health problems including tooth decay, obesity, Type 2 Diabetes, lower HDL “good” cholesterol and heart disease.

Daily recommended amounts vs. actual intake

Men: 9 tsp. (recommend) | Men: 21 tsp. (actual)

Women: 6 tsp. (recommend) | Women: 15 tsp. (actual)

Main Sources of Added Sugar

- Sugar drinks (soft drinks, sports drinks, energy drinks and juice drinks)
 - Candy
 - Cakes
 - Cookies
 - Pies and cobblers
 - Sweet rolls, pastries and doughnuts
- Dairy desserts (ice cream and sweetened yogurt)

Ways to Reduce Added Sugar

- Reduce candy, baked goods and dairy desserts
- Choose healthy foods (fruits, vegetables, lean proteins and whole grains) for meals and snacks
- Choose water over sugary drinks. (A 12-ounce can of soda contains about 10 tsp. sugar)
- Look for recipes that use less sugar when cooking or baking
- Substitute applesauce, non-fat Greek yogurt, etc. for sugar when cooking or baking

***REMEMBER... THE GOAL IS TO REDUCE THE AMOUNT OF ADDED SUGAR.**

