

Health Minute™

A spoonful of sugar...

Do you ever think about the amount of sugar there is in the foods you eat? Sugar is not only something that diabetics need to worry about. People who eat a lot of processed foods tend to consume more calories and fewer important nutrients. Although there is no official recommendation on the amount of added sugar that's appropriate, in 2003 the World Health Organization proposed limiting it to 10% of a day's calories (a little more than 12 teaspoons in a 2,000 calorie diet).

Cutting back on sugar	Sugar in foods
<p>Check the Nutrition Facts panel on food labels to find the amount of total sugars per serving Look at the ingredients list – corn sweetener, corn syrup, dextrose, fruit juice concentrate, high fructose corn syrup, malt syrup, or molasses are all added sugars Choose products with fewer of the added sugars</p>	<p>Fruit-flavored lowfat yogurt contains 10 tsp sugar compared to plain that contains 4 tsp Sweetened applesauce contains 10 tsp sugar, unsweetened contains 6 tsp, and an apple contains 3.5 tsp sugar 1 cup of Cranapple juice contains 8.5 tsp sugar 1 cup orange juice contains 5 tsp sugar</p>