Reducing Sugar Consumption in Your Diet

Various Types of Sugars

- Brown sugar
- Corn sweetener
- Corn syrup or any type of syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)

About Us

The Texas Obesity Research Center promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

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What is Sugar?

There are two types of sugar:
- **Added Sugars** - (candy, table sugar, soft drinks)
  - Quick source of energy
  - Lack vitamins, minerals, & fiber
  - Lead to weight gain
- **Natural Sugars** - (legumes, starchy vegetables, whole grain and fiber)
  - Digested slowly
  - Energy supplied lasts longer
  - Nutrient dense

Daily Recommended Guidelines

- Men: 45 grams
- Women: 30 grams
- Teenagers: 20-32 grams
- Children aged 4-8: 12 grams
- Preschoolers: 16 grams

Tips to Decrease Sugar Intake

- Reduce the amount of sugar added to foods or drinks (coffee, or tea).
- Lower the intake of sodas and choose fruit infused water.
- Read food labels:

Natural Sugar Substitutes

- Agave Nectar
- Raw Honey
- Fruits
- Maple Syrup
- Extracts - lemon, vanilla, orange
- Spices - ginger, allspice, cinnamon

Health Risks Due to High Sugar Intake

- Type 2 Diabetes
- Obesity
- Heart Disease
- Cancer
- Tooth decay
- Fatigue & low energy

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 90 Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
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<tr>
<td>Sodium</td>
<td>20 mg</td>
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<tr>
<td>Potassium</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>24 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>24 g</td>
</tr>
</tbody>
</table>

INGREDIENTS: WATER; HIGH FRUCTOSE CORN SYRUP; CONTAINS LESS THAN 2 % OF ASCORBIC ACID (VITAMIN C); NATURAL AND ARTIFICIAL FLAVOR; CITRIC ACID; BLUE 1; POTASSIUM

High fructose corn syrup is an added sugar to this food item. Select items that do not have added sugars in the ingredient list. Or, select items where added sugars are not one of the first few ingredients.