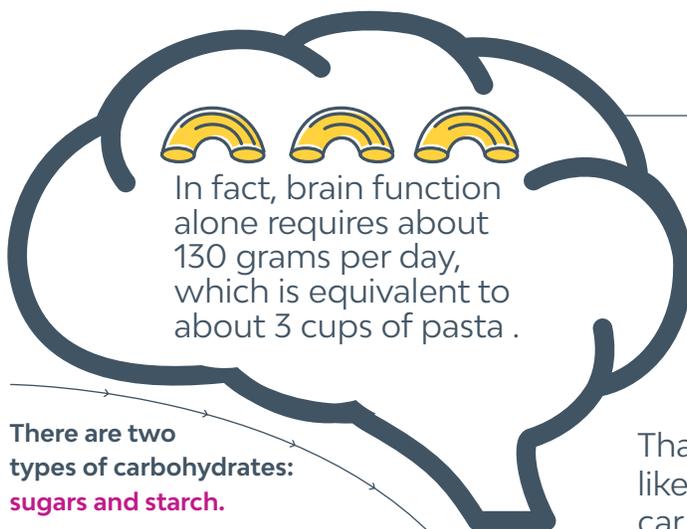
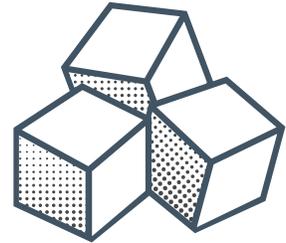


# THE BREAKDOWN ON SUGARS

## What IS Sugar?

The macronutrients are the nutrients that provide the body with energy in the form of calories. Carbohydrates are the body's preferred form of energy, and about 45-65% of our daily caloric intake should be coming from them.



That's without activities of daily living, like brushing your teeth, walking to your car, and moving around at work!

There are two types of carbohydrates: **sugars and starch.**

### Carbohydrates

Sugars are naturally found in fruit and dairy. Sugar gets a bad rap, because manufacturers add it to food products and beverages. But really, sugar just means fast-digesting carbohydrate. Sugars are only a few links, which can be broken open and used for energy much faster than the hundreds or thousands found in starch.



Starch is found in grains and starchy vegetables like potatoes, beans/lentils, corn, and peas. Starch means slow-digesting carbohydrate. Starch molecules look like long chains.



Let's say we're about to play soccer and we know we're going to need energy to run for a few hours.

**A) Which type of carbohydrate will we choose: sugar or starch?**

Now maybe we're feeling weak, tired, shaky – it's clear our energy is running low and we need to replenish our energy fast!

**B) Which carbohydrate will help us do that best: sugar or starch?**

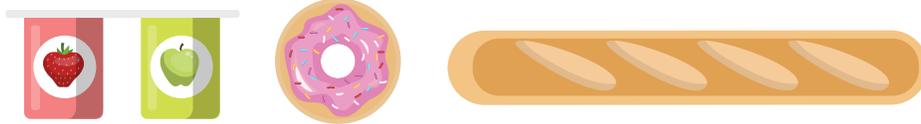


(Answer keys below)

Answers: A = starch; B = sugar

# Where Things Get Sticky

Sugar isn't a "bad" thing, as you can see! Sugar found in dairy and fruit naturally has protein and fiber, which slow digestion and prevent blood sugar spikes. However, manufacturers add sugar to foods to improve the taste and make foods and beverages sweeter. These are called "added sugars."



Added sugars are added to candy, pastries, dairy, cereal, and even places as unsuspecting as bread and ketchup.

The American Heart Association recommends no more than:

**6 teaspoons (25g)**  
of added sugars per  
day for women



**9 teaspoons (36g)**  
of added sugars  
per day for men



A conventional 20 oz soda bottle contains about 70 grams. That's 2 to 3 times the recommended intake, and that's just from a beverage!



## Cut Back on Added Sugars Today!

**1**

Remove sugar-sweetened beverages from your diet: Stick to water, no-sugar-added teas, seltzer water, or Zevia beverages.



**2**

Limit adding sugars to your foods: white sugar, brown sugar, raw sugar, and even honey and maple syrup.



**3**

Purchase no-sugar-added alternatives. Instead of flavored yogurts, try plain. Instead of cinnamon, fruity, or chocolate cereals look for a plain, whole grain version.



**4**

Limit intake of candy, donuts, frozen treats, and pastries: a healthy diet may include some of these items, but frequency is important. Stick to one or two treats per week.



Kristina Cooke, RD  
Health and Wellness  
Program Manager at

