

Sugar and Sugar Sweeteners

- Too much sugar can affect your weight, blood sugar, and kidney health. Many foods like sweets, drinks, and packaged foods can have added sugar.
- A helpful step is to start cutting back on sugar and choosing lower sugar options when you can.
- This guide will help you read labels and make better choices. You can also work with your dietitian to find what works best for you.
- Try using lower sugar sweeteners more often, and limit the ones that are higher in sugar. Small changes can make a big difference over time.

How much sugar is in 1 teaspoon?

✓	Splenda 0g sugar 	Equal 0g sugar 	Sweet 'n Low 0g sugar 	Stevia 0g sugar 
	Splenda Brown Sugar 2g sugar 	Monk Fruit 0g sugar 	Erythritol 0g sugar 	Xylitol 0g sugar 
	White Sugar 4g sugar 	Brown Sugar 4.5g sugar 	Coconut Sugar 4g sugar 	Powdered Sugar 2.5g sugar 
	Honey 5.7g sugar 	Agave Syrup 5.3g sugar 	Maple Syrup 4.2g sugar 	Molasses 4.7g sugar 
	✗			

Looking at Sugar and Carbohydrates on Food Labels:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Total vs Added Sugar

- Total sugar includes natural sugar and added sugar. Added sugar is only the sugar put in during processing.
- Try to keep added sugar low each day. The American Diabetes Association recommends a goal of about 36 grams or less for men and 25 grams or less for women. Look for foods with 5% added sugar or less.
- For diabetes, sugars count as part of total carbs. A general goal is about 30–60 grams per meal for men and 30–45 grams for women.

Fruit Sugar VS Other Sugars:

- Fruit has natural sugar, but it still raises blood sugar like other sugars.
- Fruit is different because it also gives your body fiber, vitamins, and nutrients. The fiber can help slow down how fast your blood sugar rises.
- Choosing fruit instead of foods with added sugar can be a healthy choice.

Less Sugar	More Sugar	
		
		
Orange (1 whole) 12 grams sugar 3 grams fiber	Canned Oranges (1 cup in 100% juice) 14 grams sugar 1 gram fiber	Orange Juice (1 cup 100% juice) 21 grams sugar 0 grams fiber



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.