

UNITED CONCORDIA DENTAL

Protecting More Than Just Your Smile®



Added sugar: why it's not so sweet

Glucose, fructose, maltose and dextrose. They're chemical names for sugars that food and drink companies add to their products.

Some added sugars even sound healthy, like agave nectar, brown sugar and cane crystals. And that sugar you stir into your coffee? That's added sugar, too!

How much is okay each day?

Eating too much added sugar can lead to weight gain, cavities and other health problems. The American Heart Association recommends limiting daily added sugar intake to:*

- **Kids under 2 — 0 added sugar**
- **Kids 2+ — 6 teaspoons (25g)**
- **Women — 6 teaspoons (25g)**
- **Men — 9 teaspoons (36g)**

Check food and drink labels

The Nutrition Facts on packaging labels shows how many grams of all sugars are found in a single serving. Check the ingredient list for processed sugars ending in -ose. If you see them near the top of the list, you know the item probably has lots of added sugar.

Read on to learn where sugar may be hiding even in healthy foods and get ideas for alternatives.

Get simple swaps for sugar

*heart.org; Cut Out Added Sugars; 2022.



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