



Food Hero for Older Adults

Focus on Added Sugar



The average adult consumes 68 grams of added sugar each day. That's equal to 17 teaspoons or 270 calories.

Aim for no more than 48 grams of added sugar each day. That's equal to 12 teaspoons or 190 calories.

Fruit, milk, grains and vegetables provide natural sugar and nutrients for good health.

Compare food labels and choose products with less added sugar.

Eating less added sugar or sugar substitutes can reduce your desire for sweets over time.

For good health, everyone in the United States is encouraged to eat less added sugar.

Sugars and syrups that are added to foods and beverages during processing, at restaurants and at home, are called **added sugars**. Though we may like their sweet taste, they provide extra calories and few nutrients. Be aware of added sugars in:

							
Drinks	Sweets	Breakfast or Snack	Baked Goods				
Sodas and soft drinks	Candy	Hot and cold cereals	Cakes				
Fruit-flavored drinks	Jelly, jam	Granola bars	Cookies				
Sweetened coffee, tea	Honey, molasses	Smoothies, ice cream	Sweet breads				
Flavored milk	Syrups	Flavored yogurt	Pastries				

Eating less added sugar makes it easier to...

- have a healthy eating pattern without eating or drinking too many calories.
- reduce the risk for diabetes, heart disease and tooth decay.
- manage diabetes and high blood pressure and have a healthy body weight.

Nutrition Facts labels show the grams of sugar in one serving of a food.

• **Total Sugars** includes natural sugars that are a part of some ingredients, such as fruit, along with added sugar ingredients, such as corn syrup.

• **Added Sugars** includes only the amount of sugar ingredients added during processing.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (240g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	0%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	%
Total sugars 35g	
Includes 28g Added Sugars	56%
Protein 0g	



Sugar substitutes (such as stevia, sucralose, aspartame, acesulfame-K) are used to sweeten many foods and beverages labeled with “no added sugars,” “sugar free” or “zero sugar.” They are considered safe to eat, but moderation is recommended by most health professionals.

Classics Stay Strong

Enjoy smaller portions of sweetened foods and eat them less often.

You can reduce the sugar in many recipes. Add flavor with extracts, such as vanilla or lemon.

Add fresh, frozen or dried fruit to unsweetened hot or cold cereal and plain yogurt.

Try fruit or herb-flavored water or unsweetened tea instead of sweetened drinks.

Regular physical activity, such as a daily 10-minute walk, is also important for good health.



Nutrition Facts	
7 servings per container	
Serving size	2 cookies (58g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 1mcg	0%
Vitamin C 3mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (240g)
Amount per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 2mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Banana Oatmeal Cookies

Try these cookies sweetened by the natural sugar in bananas and raisins. While the cookies are baking, do some stretches, like toe raises or shoulder shrugs.

Makes 14 cookies **Prep time:** 10 minutes

Cook time: 25 minutes

Ingredients

- 2 very ripe **bananas**
- 1 cup **oats** (quick-cooking or old fashioned rolled)
- ½ teaspoon **cinnamon**
- ½ teaspoon **vanilla**
- ½ cup **raisins**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
3. In a medium bowl, mash bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla and raisins. Mix well.
5. Drop the dough with a teaspoon onto the baking sheet. Flatten dough with the back of a spoon or bottom of a drinking glass.
6. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Notes

- The texture will be best when freshly made.
- Try chopped nuts instead of raisins.

Glass of Sunshine Flavored Water

Makes 8 cups **Prep time:** 5 minutes

Ingredients

- 1 **orange**
- 2 quarts **water**

Directions

1. Wash hands with soap and water.
2. Scrub the orange under cool running water.
3. Slice the orange into thin slices, with or without the peel.
4. Combine the orange slices and water in a pitcher and refrigerate for 2 hours before serving.
5. Drink within 2 days for best quality.

