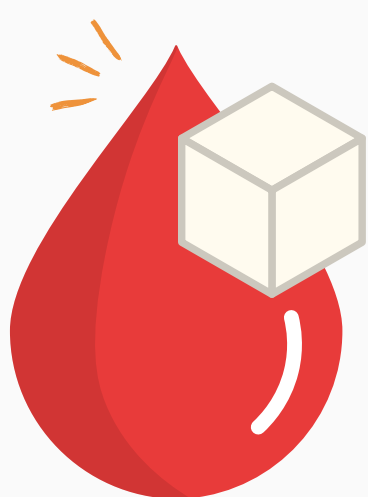


REDUCING ADDED SUGAR INTAKE



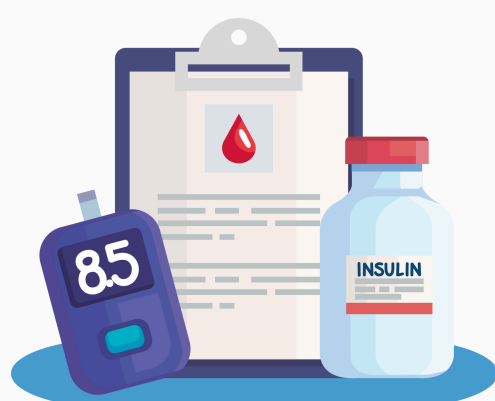
1 GLUCOSE AND BODY FUNCTION

Our bodies require glucose as fuel, which is naturally produced from foods like carbohydrates.



2 ADDED VS. NATURALLY OCCURRING SUGARS

Added sugars provide empty calories, while natural sugars in fruits and milk come with nutrients.



3 HEALTH IMPACT OF ADDED SUGARS

Excess added sugars contribute to weight gain, diabetes, and heart disease.

4 IDENTIFYING AND LIMITING ADDED SUGARS

Check labels for total and added sugars. Aim to stay below 10% of daily calories from added sugars.



5 STRATEGIES TO REDUCE ADDED SUGAR

Set SMART goals to gradually cut back on added sugars for better health. Choose whole foods with natural sugars over products with added sugars for optimal nutrition.



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