Eat less added sugar

Added sugar is sugar that is *added* to packaged foods to enhance the flavor.

Eating too much *added sugar* can lead to weight gain, which increases your cancer risk.

**Nutrition Facts**

2 Servings Per Container

**Serving size** 1/2 cup (58g)

**Amount Per Serving**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>10%</td>
</tr>
</tbody>
</table>

Vitamin D 2mcg 10%
Calcium 260mcg 20%
Iron 8mg 45%
Potassium 240mg 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Ingredients:** High Fructose Corn Syrup, Corn Flour, Sugar, Oat Flour, Brown Sugar, Coconut Oil, Salt, Niacinamide, Reduced Iron, Sucrose, Zinc Oxide, Yellow 5, Malt, Thiamin Mononitrate Pyridoxine, Hydrochloride Riboflavin, Folic Acid

**You can find the amount of sugar on the nutrition label.**

- Women should have no more than 25 grams of added sugar per day. That’s about six teaspoons.
- Men should have no more than 37 grams of added sugar per day. That’s about nine teaspoons.

**Packaged foods and beverages can have a lot of added sugar.**

Sugar may be listed in the ingredients list under another name.

- Agave nectar
- Brown, cane, raw or invert sugar
- Evaporated cane juice
- Fructose, dextrose, glucose, maltose or sucrose
- Fruit juice concentrate
- High-fructose corn syrup
- Honey, syrup, molasses or malt

If sugar is one of the top three ingredients, or if sugar appears under multiple names, choose something else.

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**THE UNIVERSITY OF TEXAS**

**MD Anderson Cancer Center**

Making Cancer History®
Tips to eat less sugar

• **Eat whole foods.** Vegetables and fruits are healthy sources of sugar.

• **Check the label.** The label will tell you the amount of sugar in grams.

• **Cut back slowly.** Replace high-sugar foods with something healthier. Put one less packet of sugar in your coffee or tea.

• **Try diluting.** Mix unsweetened cereal with your favorite sugary cereal, and slowly increase the amount of unsweetened.

• **Cook from scratch.** Making food from scratch gives you more control over your ingredients.

• **Avoid sugary drinks.** Soda, sports and energy drinks, and sugary cocktails can be high in sugar.

• **Avoid sugar substitutes.** They can increase your craving for sweets.

• **Avoid fruit juice.** While the sugar in 100% fruit juice is natural, juice lacks the fiber found in a whole fruit. With no chewing and no fiber, it’s easy to consume and absorb a lot of sugar very quickly.

Watch out for added sugar in these packaged foods and beverages:

• Ketchup
• Spaghetti sauce
• Cereal
• Energy bars
• Granola bars
• Yogurt
• Sports drinks
• Coffee drinks
• Canned fruit
• Bread
• Salad dressings
• Packaged oatmeal
• Low-fat products