

# 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**

**Calories** 250

**% Daily Value\***

**Total Fat** 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

**Cholesterol** 30 mg 10%

**Sodium** 470mg 20%

**Total Carbohydrate** 31g 10%

Dietary Fiber 0g 0%

**Total Sugars** 13g

Includes 10g Added Sugars 20%

**Protein** 5g

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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# 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



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