



BITTERSWEET: NATURAL VS. ADDED SUGARS

Sugar is a type of simple carbohydrate. The body uses it for a quick and easy energy source. Regardless of the type of sugar, your body will either use it for energy right away, or store it for later use.

Naturally Occurring

Added Sugars

Fruit and vegetables contain a variety of natural sugars, including fructose, along with fiber, and a variety of vitamins, minerals and phytonutrients.

Refers to sugars or sweeteners that are added to food or beverages when processed, or prepared. May be added to sweeten baked goods, drinks, breads, cereals, energy bars, and condiments.



Dairy products contain a natural sugar called lactose, and also contain calcium, Vitamin D and protein.

The new nutrition label, which all manufacturers will have to adopt by January 1st, includes the breakdown of total and added sugars.



Whole grains also contain some naturally occurring sugars, along with fiber, vitamins and mineral.

There are over 56 common names for sugar, including syrups like high fructose corn syrup, nectars, fruit juice concentrates, honey, raw sugar and words ending in -ose, such as dextrose.

Source: eatright.org & heart.org

Contact your onsite Health Coach for more information:

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