



# Going sugar-free: Simple ways to curb your sweet tooth

Want more energy, better moods and easier weight management? Cutting back on added sugar can help you feel your best.

## What are the benefits of eating less sugar?

When you eat less added sugar, you may notice:

- More stable energy (no more afternoon crashes)
- Better moods with fewer ups and downs
- Less tooth decay and fewer cavities
- Reduced inflammation and joint pain
- Better blood pressure and heart health
- Easier weight management
- Improved hormone balance
- Better liver health
- Less overeating

## How much is too much?

**Daily limit:** Women 6 tsp (25g), Men 9 tsp (36g)

**Quick tip:** 4 grams = 1 teaspoon

When it comes to sugar, less is best. Most Americans eat three to four times the recommended amount — from 18 to 24 teaspoons.

## What counts as “added sugar”?

Added sugar isn’t found naturally in your food. It’s what manufacturers add to make their products taste sweeter or last longer on the shelf.

## Why focus on added sugar?

Unlike the sugars that occur naturally in your food (which come with fiber, vitamins and minerals), added sugar gives your body quick energy but not much else.

When you eat too much, it can lead to energy crashes, weight gain and inflammation.

## Need more support?

Find healthy recipes: [peacehealth.org/healthy-you/recipes](https://peacehealth.org/healthy-you/recipes)

Talk with your primary care provider or ask about a referral for dietitian services.



# Going sugar-free: simple ways to curb your sweet tooth (continued)

New Label / What's Different?		
Servings: larger, bolder type	<b>Nutrition Facts</b>	
	8 servings per container	
	<b>Serving size 2/3 cup (55g)</b>	Serving sizes updated
	<b>Amount per serving</b>	
	<b>Calories 230</b>	Calories: larger type
	<b>% Daily Value*</b>	
	<b>Total Fat 8g</b> 16%	Daily Values Updated
	<b>Saturated Fat 1g</b> 2%	
	<b>Trans Fat 0g</b>	
	<b>Cholesterol 0mg</b> 0%	
	<b>Sodium 160mg</b> 7%	
	<b>Total Carbohydrate 37g</b> 13%	
	<b>Dietary Fiber 4g</b> 14%	
New: added sugars	<b>Total Sugars 12g</b>	
	<b>Includes 10g Added Sugars</b> 20%	
Change in some nutrients required	<b>Protein 3g</b>	
	<b>Vitamin D 2mcg</b> 40%	Actual amounts declared
	<b>Calcium 260mg</b> 20%	
	<b>Iron 8mg</b> 45%	
	<b>Potassium 240mg</b> 6%	
	*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.	
		New footnote

## How to spot added sugar

Sugar goes by many names. Some are common while some are harder to spot. When you're reading food labels, look for these items on the ingredient list:

- Brown sugar, cane sugar, raw sugar
- High fructose corn syrup, corn sweetener
- Honey, molasses, syrup
- Dextrose, fructose, glucose, sucrose
- Any ingredient ending in "-ose"

## Sugar substitutes: What you should know

Sugar substitutes can help, but some may cause food sensitivities or other health issues. Talk with your doctor or care team about which options work best for you.

## Simple ways to cut back

Start small with these strategies:

- Treat yourself wisely. Have a small, quality treat once in a while instead of daily candy.
- Reach for fruit first. It's naturally sweet and the fiber in it can help you feel full.
- Combine fruit with protein (i.e. unsalted nuts, cheese).
- Eat regularly to keep blood sugar stable and avoid impulse eating.
- Stay hydrated. Try water, herbal tea, or lemon water when cravings hit.
- Take a walk to shift your focus away from sugar cravings.
- Plan your meals for the week to help you eat what you intended rather than eating what's handy when you're "hangry."

### Sample low-sugar day:

- **Breakfast:** Baked oatmeal cups with plain yogurt and fresh fruit
- **Lunch:** Grain bowl with vegetables and protein
- **Dinner:** Butternut squash soup, whole grain bread, mixed green salad
- **Snack:** No-added-sugar chocolate energy balls

## Ready to start?

Small changes can make a big difference. Pick one idea from the tips above and try it for a week.

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