

LOW SUGAR EATING

WHY WORRY ABOUT SUGAR?

Too much sugar can increase your risk of heart disease, diabetes and kidney disease.

HOW MUCH SUGAR SHOULD YOU HAVE?

The recommended amount of sugar is less than six teaspoons of added sugar per day.



TIPS FOR LOWERING YOUR SUGAR INTAKE

- Look for “added sugars” on food labels
Examples: high fructose corn syrup, cane syrup, molasses, sucrose, dextrose, brown rice syrup, honey & maple syrup
- Buy foods and drinks labeled “unsweetened” or “no sugar added”
- Add flavor by using extracts, spices & citrus zests

SUGAR IN DRINKS

- 12 oz. can of cola = **10 teaspoons**
- 8 oz. bottled coffee drink = **8 teaspoons**
- 8 oz. lemon ice tea = **6 teaspoons**
- 8 oz. orange juice = **6 teaspoons**



KIDNEY FOUNDATION
OF OHIO, INC.

(216) 771-2700 | www.kfohio.org