



BE  
**SWEET**  
TO YOUR  
**HEART**

Some foods contain natural sugars such as fruits (fructose) and milk products (lactose). But it's the “added sugars” in foods that can have a negative impact on your health.

The American Heart Association recommends most women have no more than 100 calories and men no more than 150 calories a day from added sugars.



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by **sodexo**\*

See the other side for tips to limit your sweets. ►



## Reduce Your Added Sugars Intake

- ☺ Choose breakfast cereals with lower amounts of added sugars and enjoy with naturally sweet fruit.
- ☺ Drink water for thirst! Seltzer water with a dash of fruit juice is a nice change if you like bubbles!
- ☺ If you know you're not hungry after your meal, but you're still longing for something sweet, try a ½ teaspoon of honey or a sugar-free hot chocolate or pudding.
- ☺ Keep baked goods (such as birthday cake!) for special occasions.
- ☺ Avoid packaged processed foods and enjoy natural grains, low-fat dairy, fruits, vegetables and lean proteins.
- ☺ Use sugar substitutes sparingly. Try just one packet of sweetener in your coffee or bowl of oatmeal, or try diet gelatin with fresh fruit.

## Try to Avoid These “Added Sugar” Sources:

- High-fructose corn syrup
- White sugar and brown sugar
- Honey
- Molasses
- Corn syrup solids
- Raw sugar
- Malt syrup
- Maple syrup
- Fructose sweetener
- Dextrose and more

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