

## MedPro Group

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### *Our Mission is...*

*To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers*



- ✦ Eating a lot of added sugar is bad for your health and has been linked to illnesses like obesity, type 2 diabetes, and heart disease.
- ✦ A large part of your daily sugar intake is hidden inside various packaged and processed foods, many of which are marketed as healthy.
- ✦ The nutritional guidelines for Americans state that adults should try to limit their sugar intake to less than 50g or 12 teaspoons of sugar per day.

## Here are several ways that food companies hide the sugar content of foods:

### ❖ Calling sugar by a different name -

Sugar has many different names and forms, which can make it difficult to spot on food labels. Watch out for syrups as well.

### ❖ Using many different types of sugar -

Food companies may use three or four different types of sugar in a single product, making it appear lower in sugar than it is.

### ❖ Adding sugar to foods you would least expect -

Sugar is hidden in many foods — even ones that don't taste sweet. Make sure to check the labels of packaged or processed foods.

### ❖ Using 'healthy' sugars instead of sucrose -

Food manufacturers sometimes replace white table sugar with unrefined products. While this can make the product appear healthier, unrefined sugar is still sugar.

### ❖ Combining added sugars with natural sugars on the ingredients list -

Food labels often lump added and naturally occurring sugar together into one total amount. Thus, it can be hard to determine how much sugar is added to certain products.

### ❖ Adding a health claim to products -

Products with health claims, such as "diet," "natural," or "low-fat," may still be loaded with sugar.

### ❖ Lowering the portion size -

Food companies often reduce the portion size to make products appear lower in sugar.

### ❖ Making sweet versions of a low-sugar brand -

Low-sugar brands may still spin out high-sugar products, potentially attracting loyal customers who may not realize the new version isn't as healthy as the original.



**Added sugar can be difficult to spot.**

The easiest way to avoid added sugar is to avoid highly processed goods, selecting unprocessed, whole foods instead.

**If you do buy packaged items, make sure you learn how to spot added sugar on food labels.**

Sources: <https://www.healthline.com/nutrition/8-ways-sugar-is-hidden#section1>