

Mayo Clinic Minute

3 tips for controlling sugar in your diet

VIDEO	AUDIO
Kate Zeratsky	“We tend to eat too much sugar.”
	Dietitian Kate Zeratsky says natural sugars found in vegetables, fruits and plain dairy products usually aren’t the problem.
Title: Kate Zeratsky Dietitian Mayo Clinic	“Those sugars are within a nutritional package where you are getting other important vitamins and minerals.”
Graphic: Don’t cut natural sugars	So don’t cut natural sugars. Instead ...
Kate Zeratsky Graphic: Do: Eliminate added sugars	“...eliminate as much sugar from processed foods as you can.”
Graphic: Sugar Less than 5 grams per serving	They’re called “added sugars.” As a general rule, choose foods with less than 5 grams of sugar per serving.
Graphic: Sugar Corn syrup Dextrose Fructose High-fructose corn syrup Honey Lactose Malt syrup Maltose Maple syrup Molasses Nectar Raw sugar Sucrose	And consider skipping foods where sugar – or any variation of it – is listed in the product’s first five ingredients: a signal it’s a higher-sugar item.
Graphic: Do: Add your own sweetness	And Zeratsky says if you need a taste of sweetness, add fruit or even a small amount of sugar to an unsweetened item.

Kate Zeratsky	“That sugar-sweetened cereal might have several teaspoons of sugar; whereas, if you bought an unsweetened cereal or used oatmeal, you could add a teaspoon and really enjoy that sweetness without it being excessive.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.