

Mayo Clinic Minute

Look for added sugars in new Nutrition Facts food labels

| Video | Audio |
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| | Added sugars are the syrups and sugars added during the processing of foods and drinks. And according to the FDA, Americans are consuming added sugars in amounts that exceed recommended limits. |
| Angie Murad Dietitian Mayo Clinic | "Added sugars in the diet add additional calories and not any additional nutrients. So they can also raise triglycerides and cause problems with heart disease, metabolic syndrome." |
| | On the old labels, added sugars and natural sugars were lumped into "total sugars." However, now manufactures are required to distinguish the amount of and percent daily value for added sugars. So what should we be looking for? |
| | "Something that has 5% or less daily value would be something that would be a good product to choose because it would be low in added sugars." |
| | The American Heart Association has recommended limits for daily added sugar intake. |
| | "For men, they should have no more than 9 teaspoons of sugar. And for women, (they should have no more than) 6 teaspoons of sugar." |
| | For the Mayo Clinic News Network, I'm Vivien Williams. |