

Mayo Clinic Minute: Surprising sources of added sugar

Video	Audio
	"Anytime food is processed, there are certain things that are added. And it's often sugar ... or salt."
	When trying to identify how much added sugar is in packaged food, look at the nutrition food label. You might be surprised by what you find.
Donald Hensrud, M.D. Editor "The Mayo Clinic Diet"	"And in many things you wouldn't even suspect — some sauces, some dips, some spreads — there's added sugars in almost every category of food products out there."
	You may think you're making healthy choices, but certain salad dressings, condiments, canned soups, and even granola and protein bars can be sneaky sources of added sugar.
	And it can add up fast.
	"It's been shown that, in many people, the amount of calories they get from added sugars is quite significant."
	Dr. Hensrud suggests paying close attention to food labels and trying to consume foods that contain natural sugars, like fruits, which are low in calories and contain vitamins and minerals.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.