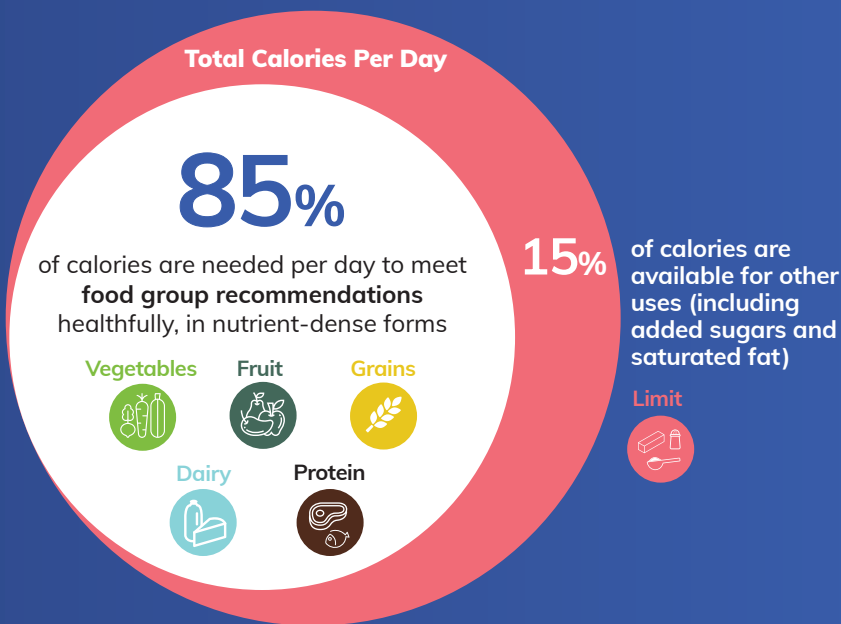


2020-2025 Dietary Guidelines for Americans & Sugar



The New 2020-2025 Dietary Guidelines suggest we “make every bite count” by following these guidelines:

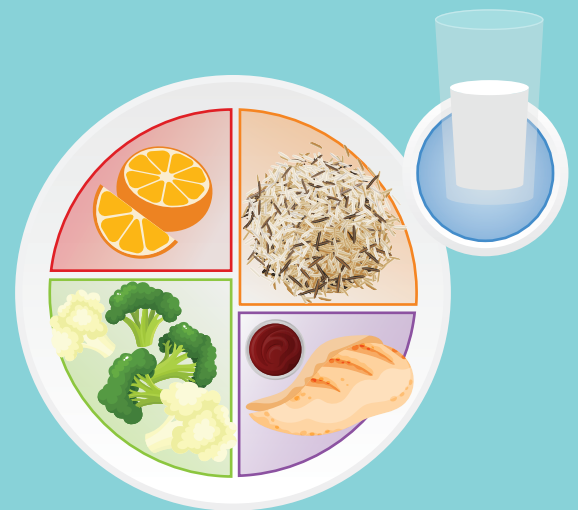
1. Follow a healthy dietary pattern at every life stage.
2. Customize and enjoy food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fats, and sodium, and limit alcoholic beverages.



What do they say about **added sugars?**



- Limit added sugars to **less than 10 percent of calories per day** starting at age 2.
- When added sugars in foods and beverages exceed 10 percent of calories, a healthy dietary pattern within calorie limits is difficult to achieve.
- Avoid foods and beverages with added sugars for those younger than age 2.



“The nutrient-dense choices included in the Healthy U.S.-Style Dietary Pattern are based on availability in the U.S. food supply and include 17-50 calories from added sugars, or 1.5-2 percent of total calories.”



What are Added Sugars?

Sugars are found naturally in all plant and dairy foods and beverages and are also added to foods and beverages for taste, texture, and preservation.

The FDA defines **ADDED SUGARS** as those sugars that are added to foods during processing or sugars packaged for consumers to add to foods and beverages on their own (like table sugar, brown sugar, honey, syrup on pancakes, etc.).

Added sugars do not include naturally occurring sugars that are found in milk, fruits, and vegetables or low- and no-calorie sweeteners.

“A healthy dietary pattern limits added sugars to **less than 10 percent of calories per day.**”

Added sugars can help with **preservation**; contribute to functional attributes such as **viscosity, texture, body, color,** and **browning** capability, and/or help improve the **palatability** of some nutrient-dense foods.”

—Dietary Guidelines for Americans, 2020-2025



Real sugar comes from sugar beets and sugar cane plants.

For more resources, visit sugar.org

the **Sugar** association

March 2021