



## Hidden in Plain Sight

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By now most of us are at least aware of the fact that too much sugar isn't good for us. Check out this video and learn why we might want to reduce our sugar intake and also where to find some of these hidden sources of sugar.

Besides the "not so sweet" foods mentioned in the video (pasta sauce, salad dressing, ketchup, breads), other "healthy" foods that tend to be high in added sugar include:

### **Yogurt/Greek Yogurt**

Yogurt is probably one of the biggest sources of added sugar for those people that think they are eating healthy. Most "yogurts" in the grocery store are more like pudding than yogurt. Some can have up to 30g of sugar per container. Get plain yogurt and mix in your own fresh fruit.

### **Energy bars/granola bars**

Most bars are some combo of whole grains, nuts, seeds, and sugar. Sugar content can range from 5g per bar to 25g per bar. You can always make your own bars, or just toss some nuts and seeds in a small reusable container and bring along a piece of fruit for an easy portable snack that will give you long lasting energy.

### **Cereals**

Cereal is another contributor to added sugar intake. Many of the "healthy" cereals are loaded with sugar. Some granolas can have up to 30g of sugar per serving. Choose plain rolled oats, unsweetened shredded wheat or make your own hot cereal out of any whole grain (quinoa, amaranth, etc.).

Added sugars have been all over the media lately. One study that has been getting a lot of attention is a large, prospective study published in the Journal of the American Medical Association. This study reported that adults with diets highest in added sugar had substantially higher risk of death from cardiovascular disease compared to people with the lowest amounts. Many other studies have concluded that there is definitely a significant relationship between added sugar and cardiovascular disease, arguing that a high sugar intake is an independent risk factor for cardiovascular disease.

So, remember, the goal is to cut down your refined sugar intake as much as possible. So make sure you choose real, whole foods as much as possible, and always read the ingredients in processed foods to find those hidden sugars.