

Cut Down on the Candy

The next time you're suffering from a case of the "sweet tooth," remember one word: moderation. Overconsumption of sugar is a major problem that leads to obesity, diabetes and other preventable chronic diseases.

And while numbers are on the decline, about 13 percent of adults' daily calories came from added sugars in things like cake and regular soda, according to new government statistics.

Naturally occurring and added sugars are the two types of the sweet stuff that have found their way into the American diet.

The major sources of added sugars in American diets are soft

drinks, candy, cakes, cookies, pies, fruit drinks, dairy desserts and cereals.

The U.S. Department of Agriculture identifies the following foods as some of the main culprits in added-sugar items, as well as the calories from the added sugar per serving.

- Carbonated soda, 12-ounce can, 132.5 calories
- Canned fruits in heavy syrup, 1 cup, 115.4 calories
- Jelly beans, 10 large, 78.4 calories
- Non-fat fruit yogurt, 6-ounce container, 77.5 calories
- Milk chocolate, 1 bar, 77.4 calories

SUGAR TERMS

Not sure if the treat you're about to indulge in contains sugar? Here are some terms that you may find on food labels, according to the American Heart Association.

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert Sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar molecules
- Syrup

COMBATING YOUR CRAVINGS

The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calorie intake.

For most American women, this means no more than 100 calories (six teaspoons) per day.

For most men, no more than 150 calories per day (nine teaspoons).

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