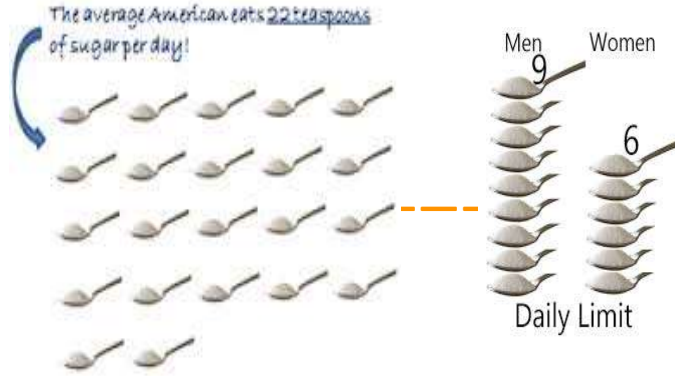


Added Sugar AHA Recommendations

For now, the MPN has adopted AHA added sugar limits, since science has not established a limit for brain health. It is likely that for brain health, the limit might be much lower.



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Know Your Sugars – ALL = Sugar to Body

SO WHAT DO YOU DO?

-avoid products that have a lot of added sugar, including skipping foods that list "sugar" as the second or third ingredient. Use safe natural sweeteners such as stevia.

- | | | |
|--------------------|---------------------------------|--------------------|
| Fructose | Corn sugar | Malt Syrup |
| Glucose | Corn Sweetener | Maltodextrose |
| Sucrose | Crystalline | Raw Sugar |
| Agave Nectar | Date Sugar | Rice Sugar |
| Barley Malt Syrup | Dextrose | Rice Syrup |
| Beet Sugar | Evaporated Cane Juice | Sorghum Syrup |
| Brown Sugar | Fruit Juice Concentrate | Sugar |
| Cane Sugar | Glucose Syrup | Turbinado |
| Cane Syrup | Grape Sugar | Organic Cane Syrup |
| Caramel | High Fructose Corn Syrup (HFCS) | |
| Coconut/palm sugar | Honey, Raw Honey | |

Nancy Emerson Lombardo
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