

Supplementary Table 1:

Strategies for Reducing Simple Carbohydrate (Simple Sugars) Intake

1. <u>Reduce</u> the amount or frequency that you consume high sugar food and beverage items – consume smaller portions or consume these high sugar items less often
Sugar: white sugar, brown sugar, cane sugar
Syrups: maple syrup, honey, molasses, rice syrup, corn syrup, malt syrup, caramel
Dessert Items: cookies, cakes, brownies, pies, ice cream, donuts, whipped cream, candy, jello, pudding
Sugar-sweetened Tea (“sweet tea”)
Sugar-sweetened Fruit drinks / Lemonade / Limeade
Regular Soda / Cola
Whipped or Sweetened Coffee drinks (like Frappuccino or Latte or Frappé)
Sports drinks / Energy drinks
Smoothies / Milk shakes / Slushes
2. <u>Replace</u> higher sugar items with a lower sugar or unsweetened version of the food item
Replace canned fruit packed in syrup with canned fruit packed in water
Replace regular applesauce with unsweetened applesauce
Replace milk chocolate with dark chocolate
Replace granola bars with high protein bars
Replace high sugar breakfast cereals with low sugar cereals
Replace ice cream or gelato with low sugar frozen desserts
Replace white bread with whole grain bread, replace white pasta with whole grain pasta
3. <u>Review</u> the ingredients list on food items that may not be obviously high in sugar - like dried fruits or popcorn or snack chips or peanut butter that have sugar added to them
Choose fresh or frozen fruit
Choose unsweetened or natural versions of these foods
4. <u>Revise</u> recipes or food preparation methods
Use sugar alternatives like Splenda or Stevia in coffee or tea or unsweetened applesauce in baking
5. <u>Read</u> the Nutrition Facts on the food label
Choose items with less than 5grams of Added Sugars per 100 gram serving