

Reduce Sugars

Sugar is a simple carbohydrate that provides energy, but **it is not an essential nutrient and is “empty calories”**. The body can produce its own glucose (a type of sugar) from other sources, such as carbohydrates, protein, and fat. Sugar naturally occurs in many foods, like fruits and vegetables, and those should be part of a balanced diet.



Reducing refined sugar consumption is one of the most impactful changes you can make to improve your overall health and well-being.

Recognize added sugar by some of the other names that are used. If it ends in “ose” you can bet it’s a sugar.

Simple Sugars: White, brown, cane, raw, powdered, glucose, fructose, lactose, dextrose, sucrose.

Syrup Sugars: Corn syrup, **high fructose corn syrup**, maple syrup, honey, molasses, fruit juice concentrate, agave nectar.

Added sugars are both refined and natural, that are added to foods or drinks during processing or preparation. Less refined sugars should also be used in moderation.

Aim for “less often,” not “never.”

Maple syrup and honey have slightly fewer calories and carbohydrates per gram than refined sugars. They count as added sugar. Coconut and date sugar contain fiber and minerals. Pair sweets with fat, fiber, or protein, to help reduce its impact on blood sugar.



Eat fresh fruit for a fix.

**“Eat real food,
not too much,
mostly plants.”**

Michael Pollan



Thank you for your support!

Kimberly Phillips

www.realfoodtales.com

kim@realfoodtales.com

Facebook.com/realfoodtales



Resource Guide

Real Food Basics

www.realfoodtales.com

Real Food Tales cordially invites you to rethink your eating habits and return to the nourishing power of whole food ingredients.

What is Real Food?

Real Food is nutrient-dense food providing protein, fiber, vitamins, minerals, and/or healthy fats that contribute to good health. It is food that is whole, minimally processed, and close to its natural state.

Some Examples:

- Fruits
- Vegetables
- Meats
- Poultry
- Fish
- Eggs
- Beans
- Legumes
- Nuts
- Seeds
- Whole Grains (*made from entire kernel including bran, germ, and endosperm.*)
Whole Wheat, Brown Rice, Quinoa



Ultra Processed Foods (UPFs)



"If we eat junk food first, we won't eat dinner." We listened then but have since grown up. It's true, consuming large amounts of UPFs will crowd the appetite for fresh vegetables and real food. The body suffers. UPFs do not make us full so we crave more. "Can't eat just one chip." It was designed, manufactured and marketed for sales without consideration of nutrition. The refined sugars, sodium, bad oils, and emulsifiers contributes to obesity, affects our metabolism and quality of life.

Adults consume approximately 55% of their daily calories from ultra processed foods. www.cdc.gov



Read the Labels

The typical **daily value (DV)** at a glance (*based on caloric intake of 2,000/day*):

Added Sugar 2026 guidelines recommend to keep added sugar consumption to no more than **10 grams per meal** and less than 50 grams per day. Reduce refined sugars by replacing with real foods.

Fiber DV includes 29 grams/day.

Protein DV varies depending on sex, age, athletics, and other factors, averaging 20-40 grams per meal (60-120 grams/day).

NOTE: DV differs for each individual; these are general USDA guidelines for adults. As usual, check with your medical professional for dietary guidelines specific to you, and about changes to your diet.

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**



Tips for Eating Healthy

- ♥ Choose nutrient-rich foods.
- ♥ Eat mostly plants.
- ♥ Cook at home from scratch.
- ♥ Reduce added sugars.
- ♥ Fortify with fiber.
- ♥ Substitute fruit instead of sweets.
- ♥ Use *Ninja Creami* or flavored frozen bananas instead of Ice Cream.
- ♥ Substitute honey instead of sugar in Coffee or Tea.
- ♥ Eat a (sliced) apple a day.
- ♥ Oats, bananas & berries for breakfast.
- ♥ Use **Real Food Tales** Recipes.
- ♥ Be mindful, eat intentionally rather than zombie-fridge raids.
- ♥ Understand it's a life style, not a diet.
- ♥ Think Balance & Moderation

www.fda.gov