

DID YOU KNOW: THERE IS ADDED SUGAR IN YOUR FAVORITE CONDIMENTS?

SANDY SARNI, MS, RD

MIIA DISEASE PREVENTION AND NUTRITION PROGRAM MANAGER

THE HIDDEN SWEETNESS: EXPLORING THE SUGAR CONTENT OF CONDIMENTS

A summer barbecue is one of the best parts of summer! But did you know there are hidden sources of sugar in ketchup, relish, barbecue sauce and salad dressings?

Many bottled condiments are loaded with sugar disguised by other names.

Sugar sneaks into the most unexpected dipping sauces, spreads, and dressings.

corn syrup,
cane sugar,
molasses,
dextrose,
etc.)

THE SUGAR TRAP

The concern with high sugar content in condiments lies in its contribution to our overall sugar intake. **Excessive sugar consumption has been linked to various health issues, including: obesity, diabetes, and heart disease.** Even seemingly small servings of condiments can add up throughout the day. If you put ketchup, honey mustard, and sweet relish on a burger you could be adding up to 24 grams of sugar to that burger! Take a look at this chart to see what is a recommended serving and how much you may actually use.



INSTEAD TRY...Dijon mustard. It has a nice kick and no added sugar



KETCHUP

Serving = 1 tbsp

Reality:

2 tbsp = 2 tsp sugar



SRIRACHA

Serving = 1 tsp

Reality:

3 tsp = ¾ tsp sugar



BBQ SAUCE

Serving = 1 tbsp

Reality:

2 tbsp = 2 ½ tsp sugar



INSTEAD TRY... dill pickle relish



LIGHT MAYO

Serving = 1 tbsp

Reality:

2 tbsp = ¼ tsp sugar



SWEET RELISH

Serving = 1 tbsp

Reality:

2 tbsp = 2 ½ tsp sugar



HONEY MUSTARD

Serving = 1 tbsp

Reality:

2 tbsp = 1 ½ tsp sugar



INSTEAD TRY...Hummus on your sandwiches



LIGHT OR FAT-FREE DRESSING

Serving = 2 tbsp

Reality:

4 tbsp = 2 ¾ tsp sugar



TERIYAKI SAUCE

Serving = 1 tbsp

Reality:

2 tbsp = 1 ½ tsp sugar



HOISIN SAUCE

Serving = 1 tbsp

Reality:

2 tbsp = 2 ½ tsp sugar



INSTEAD TRY...salsa as a fun salad topper

Nutrition Facts

Serving Size oz.

Serving Per Container

READING THE LABELS

To make informed choices, it's essential to read nutrition labels carefully. Ingredients are listed in descending order by weight, **so if sugar or any of its numerous aliases (see above) appear near the top of the list, it indicates a higher sugar content. Be careful with products labeled "low fat or lite", these are usually higher in sugar. This is especially true for salad dressings.**

Alternatively, making your own condiments at home allows you to control exactly what goes into them, including the amount of sugar.