**Tips about fat, sodium, and sugar**

***Limit foods that have added sugars or* syrups**, such as:

* regular soft drinks, energy drinks, and sports drinks
* candy, cakes, cookies, donuts

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

* anhydrous dextrose malt syrup
* brown sugar maltose
* confectioner's powdered sugar maple syrup
* corn syrup molasses
* corn syrup solids nectars (e.g., peach or pear nectar)
* dextrose pancake syrup
* fructose raw sugar
* high-fructose corn syrup (HFCS) sucrose
* honey sugar
* invert sugar white granulated sugar
* lactose

You may also see other names used for added sugars. These include cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.

***Limit foods with* saturated fats** such as:

* whole milk and butter
* processed meats: hotdogs, bologna, sausage, bacon

***Replace saturated fats*** with unsaturated fats, such as canola or olive oil.

***Avoid foods* *with trans fat*** *(look on the food label to see if there is any trans fat )* ***and* *hydrogenated oils***(see if the word hydrogenated is listed in the ingredients on the food label)*.*

***Limit foods high in sodium***:

* frozen pizza
* canned soups
* hotdogs, sausage, bacon, bologna

***Read food labels.*** It’s the key to good health.