

A decorative vertical strip on the left side of the slide, featuring a repeating geometric pattern of squares, triangles, and circles in various shades of red and pink.

SDSU | Aztec Shops

Healthy Sweets @ SDSU

Amanda Nazario, MS, RDN

What is Sugar?

Sugar is a simple carbohydrate that the body uses as a quick source of energy. It occurs naturally in foods such as fruits, vegetables, and dairy, where it comes along with fiber, vitamins, and minerals, but it can also be added to foods and drinks during processing or preparation, often contributing extra calories without nutritional benefits.



Why Is Limiting Added Sugar Important?



Reduces risk of chronic diseases: High sugar intake is linked to obesity, type 2 diabetes, and heart disease.

Supports healthy weight management: Excess sugar adds “empty calories” that can contribute to weight gain.

Protects dental health: Sugar feeds bacteria in the mouth, increasing the risk of cavities and tooth decay.

Helps maintain stable energy and blood sugar: Limiting sugar prevents rapid spikes and crashes in blood glucose levels.

Added vs. Natural Sugar



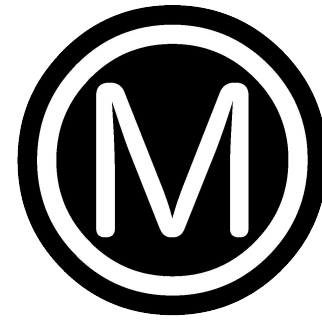
	ADDED SUGAR	NATURAL SUGAR
DEFINITION	Sugars and syrups added to foods or drinks during processing or preparation	Naturally present in whole foods like fruit, milk, and vegetables
NUTRIENTS	Provides calories but little to no nutrients (“empty calories”)	Comes with vitamins, minerals, fiber, and water
EFFECTS ON BLOOD SUGAR	Causes rapid spikes in blood sugar and insulin levels	Slower rise in blood sugar due to fiber and nutrients
HEALTH IMPACT	Linked to higher risk of weight gain, type 2 diabetes, and heart disease	Generally healthier in moderation due to added nutrients
COMMON FOOD SOURCES	Soda, cookies, flavored yogurt, cereal bars	Apple, banana, plain yogurt, carrots

How Much Sugar Can I Eat Daily?



The American Heart Association recommends no more than **25 grams** of added sugar daily for **women** per day & no more than **36 grams** of added sugar daily for **men**.

Unlike added sugar, there isn't a strict upper limit for natural sugars because they come with fiber, vitamins, minerals, and water that make them healthier. A general recommendation instead would be to consume **2-3 cups of fruit daily**.



A Z T E C
M A R K E T

Healthy Sweets at Aztec Markets

Location: Multiple Campus Locations



Chocolate Desserts



Unreal
Chocolate Pretzels



Kodiak Chewy
S'mores Bars



Mush Double
Chocolate Bar



Kodiak
Chocolate Muffin



Power Crunch
Chocolate Wafer Protein Bar



Drumroll
Protein Donuts

Frozen Treats



Clio Greek Yogurt Bites



Yasso Frozen Yogurt Bars



Oatly Ice Cream



Natty Protein Ice Cream



Halo Top Ice Cream

Pastries



Eat Me
Guilt Free Brownie



Legendary
Sticky Bun



Legendary
Protein Pastry

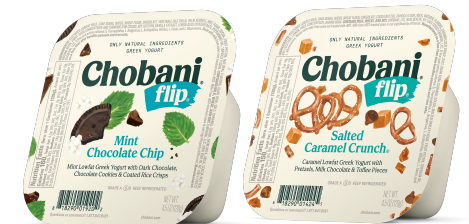


Feel Good
Banana Pancake Bites

Miscellaneous



Lundberg
Caramel Rice Cakes



Chobani Flip

Questions?

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SDSU Dining Registered Dietitian

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Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

eatatsdsu.com/Dietary-Consultations



sdsu dining

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