# Healthy Desserts

@ SDSU

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### 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.





- **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





Feature	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**.

# Healthy Desserts @ Aztec Markets



#### **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**



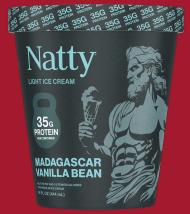
**Clio Greek Yogurt Bites** 



**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



Chobani Flip



**Lundberg Caramel Rice Cakes**