

# 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.

# 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



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