

5 Healthy Replacements for 5 Popular (but Unhealthy) American Grocery Store Purchases

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Americans are consuming too much sugar, but you already knew that... right?



- American shoppers purchase foods with 95 percent more added sugar than recommended by the Dietary Guidelines for Americans. (More details on **updated American guidelines here**.)
- On average, most added sugar comes from soda, energy drinks, candy, cookies, cold and hot cereals, and breads.

Here are some of the worst sugar offenders. Along with each, Lara Felton, RDN and head of nutrition at ShopWell, has provided a much less sugary, much healthier alternative.

Coca Cola

The ShopWell study lists a serving of Coke as having 9.25 teaspoons of sugar. Instead, Felton suggests a sparkling water, such as La Croix, that contains no sugar at all.

Read more here: <http://www.thedailymeal.com/healthy-eating/5-healthy-replacements-5-popular-unhealthy-american-grocery-store-purchases>