

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



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

Popular nutrition app **ShopWell**, available on iOS and Android devices, recently collected data from 1,000 shoppers in the US, analyzing over 100,000 grocery items purchased across 15,000 shopping trips. What they've found is that Americans are paying for incredibly high quantities of products with added sugars.

Highlights from the study include:

- 89 percent of American diets include excess sugar.
- 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.