Supplementary Table 1:
Strategies for Reducing Simple Carbohydrate (Simple Sugars) Intake

| 1. Reduce the amount or frequency that you consume high sugar food and beverage items – consume smaller portions or consume these high sugar items less often |
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| Sugar: white sugar, brown sugar, cane sugar |
| Syrups: maple syrup, honey, molasses, rice syrup, corn syrup, malt syrup, caramel |
| Dessert Items: cookies, cakes, brownies, pies, ice cream, donuts, whipped cream, candy, jello, pudding |
| Sugar-sweetened Tea ("sweet tea") |
| Sugar-sweetened Fruit drinks / Lemonade / Limeade |
| Regular Soda / Cola |
| Whipped or Sweetened Coffee drinks (like Frappuccino or Latte or Frappé) |
| Sports drinks / Energy drinks |
| Smoothies / Milk shakes / Slushes |

| 2. Replace higher sugar items with a lower sugar or unsweetened version of the food item |
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| Replace canned fruit packed in syrup with canned fruit packed in water |
| Replace regular applesauce with unsweetened applesauce |
| Replace milk chocolate with dark chocolate |
| Replace granola bars with high protein bars |
| Replace high sugar breakfast cereals with low sugar cereals |
| Replace ice cream or gelato with low sugar frozen desserts |
| Replace white bread with whole grain bread, replace white pasta with whole grain pasta |

| 3. Review the ingredients list on food items that may not be obviously high in sugar - like dried fruits or popcorn or snack chips or peanut butter that have sugar added to them |
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| Choose fresh or frozen fruit |
| Choose unsweetened or natural versions of these foods |

| 4. Revise recipes or food preparation methods |
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| Use sugar alternatives like Splenda or Stevia in coffee or tea or unsweetened applesauce in baking |

| 5. Read the Nutrition Facts on the food label |
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| Choose items with less than 5grams of Added Sugars per 100 gram serving |