



Yummy
Yammy

Yummy Yammy Ahead of 2016 Federal Sugar Guidelines For Their Products

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Yummy Yammy, a business in Norwich, VT, is proud to announce that their products are fully compliant with the federal sugar guidelines that will be released in 2016. In fact, since they launched, their products have been compliant with these new dietary guidelines, as they have always focused on delivering healthy, wholesome foods that are actually good for the body. Specifically, their entire current line of foods uses no sweeteners of any kind. "If you make food out of actual food, you don't need to add sugar," states Lisa Johnson, founder of Yummy Yammy, which produces sweet potato salsas.

The new recommendations suggest that a person's daily energy intake should consist of no more than 10% sugar. This is one of many highlights from the Scientific Report of the 2015 Dietary Guidelines Advisory Committee, expected to be released in 2016 to the public. The report states conclusively that higher consumption of added sugars is associated with an increased risk of type-2 diabetes among adults.

Many food producers use high fructose corn syrup, anhydrous dextrose, corn syrup solids, evaporated corn sweeteners, and more in order to sweeten commercial foods. Luckily, healthier foods are now becoming available, particularly as more producers such as Yummy Yammy are committing to offering delicious,

nutritious alternatives.

Yummy Yammy makes a line of sweet potato based salsas. These salsas do not include any type of sweeteners. Rather, they roast the sweet potatoes, which gives the vegetable a naturally sweeter background. Unusually, not a single drop of sugar of any kind is added at any point during the production process, leaving a healthy and tasty salsa.

"Real, fresh, high quality vegetables, lime juice, beans, and spices make fabulous tasting salsa, so of course we add no sugar to our salsas," Johnson comments.

From Johnson's perspective, the new federal guidelines cannot come soon enough for consumers. Even before they're publicly released, the company is already sticking to them. They want to be an example of best practice and an inspiration to others.

Lisa Johnson explains, "If we want great food to be available in stores, someone has to make it great -- featuring the best qualities of vegetables, without adding industrial fats, cheap, damaging sweeteners, and loads of salt. If we as food producers make it great, people will eat it and love it and be healthier."

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Yummy Yammy

Yummy Yammy is the home of the world's only salsas made from America's favorite superfood, sweet potato. Rich in mouthfeel, flavor, and nutrition, with zero fat and preservatives, Yummy Yammy's salsas come in Mexican, Tuscan, and Moroccan.

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