

GROWING CONCERN: TOO MUCH ADDED SUGAR IN OUR DIETS



Why?

Too much sugar can have negative health effects and can be detrimental to weight loss.



SUGAR: HOW MUCH IS TOO MUCH?

Sugar has a bittersweet reputation when it comes to your health. Sugar is a simple carbohydrate that the body converts into glucose and uses for energy. But the effect on the body and your overall health can depend on the type of sugar, natural or refined.

Natural sugars can be found in foods like fruits, vegetables and grains. These plant foods also come with high amounts of fiber, essential minerals and antioxidants, slowing down the digestion of these sugars and providing the body a steady supply of energy.

Added/refined sugar, like white or brown sugar, is highly processed and used to sweeten cakes, cookies, and cereal. Food manufacturers also add chemically produced sugar, typically high fructose corn syrup, to beverages and foods like crackers, flavored yogurt, tomato sauce, and salad dressing.

Daily Added Sugar Limit

American Heart Association recommends no more than:

MEN



9 teaspoons | 36 grams
150 calories

WOMEN



6 teaspoons | 25 grams
100 calories

Did you know?



= 4 grams

Did You Know? The average American consumes around 17 teaspoons of sugar every day, which translates into 57 pounds of sugar consumed per person per year!



Keep Sugars Natural



Reading food labels is one of the best ways to monitor your intake of added sugar. New nutrition labels will break out "added sugars" from total sugar, helping you easily identify and limit added sugar from your diet.

Quick Tip! Eat foods in their most whole form to avoid added sugar. Foods without labels don't have added sugar!



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Calories 230

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

SUGAR



How many teaspoons of sugar are in these common foods?

Quick Tip! One teaspoon of sugar equals 4 grams of sugar.



**EAT & DRINK
HEALTHY**

Ketchup

1 tablespoon



Caramel Frappuccino

Starbucks, tall



BBQ Sauce

2 tablespoons



Coca Cola

12 oz.



Special K

Fruit & yogurt, 1 cup



YoPlait Flavored Yogurt

6 oz.



Chocolate Pop-Tart

1 Pop-Tart



Sports Drink

20 oz.



Quaker Oatmeal

1 packet



Snapple Peach Tea

20 oz.



Snickers Bar

full size



Odwalla Superfood Smoothie

1 bottle



Did You Know?

Too much sugar is one of the greatest threats to cardiovascular health.

Added Sugars in Foods

The World Health Organization's (WHO) recommends that no more than 10% of an adult's calories – and ideally less than 5% – should come from added sugar or from sugar in honey, syrups and fruit juice. For a 2,000-calorie diet, 5% would be 25 grams or 6 teaspoons.

Source: [Harvard Health](#), [World Health Organization](#)