

SUGAR

TODAY, THE AVERAGE AMERICAN CONSUMES ALMOST 152 POUNDS OF SUGAR IN ONE YEAR. THIS IS EQUAL TO 3 POUNDS (OR 6 CUPS) OF SUGAR CONSUMED IN ONE WEEK!

THAT IS ALMOST THE ENTIRE BAG OF SUGAR AT THE GROCERY STORE EVERY WEEK.

1 TYPICAL CAN OF SODA IS MORE THAN A PERSON'S ENTIRE DAILY INTAKE

Nutrition Facts	
Serving Size 12 fl oz (360 mL)	
Servings Per Container 6	
Amount Per Serving	
Calories	140
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	% Daily Value*
Total Fat	0g 0%
Sodium	45mg 2%
Total Carbohydrate	39g 13%
Sugars	39g
Protein	0g
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

DAILY SUGAR INTAKE (AMERICAN HEART ASSOCIATION)

MEN - 38G [9 TEASPOONS]

WOMEN - 25G [6 TEASPOONS]

KIDS - < 25G [6 TEASPOONS]

SIMPLE SUGARS FOUND IN MANY NUTRITIOUS FOODS — LIKE WHOLE FRUITS, VEGETABLES, AND DAIRY PRODUCTS, PROVIDE A RANGE OF ESSENTIAL NUTRIENTS THAT SUPPORT GROWTH AND OVERALL HEALTH. FRESH FRUITS, FOR EXAMPLE, CONTAIN SIMPLE CARBS BUT ALSO HAVE VITAMINS AND FIBER.

FRUIT + VEGETABLES

UNFLAVORED WATER
ANY SIZE 12 OZ / 360 ML
0G SUGAR = 0 TEASPOON

MILK
16 OZ / 473 ML
13G = 3.25 TEASPOONS

UNSWEETENED BLACK TEA
18.5 OZ / 547 ML
0G = 0 TEASPOONS

WATCH OUT FOR THESE FOODS WITH HIGH AMOUNTS OF ADDED SUGAR.

CANDY

CAN OF SODA
12 OZ / 360 ML
50G = 12 TEASPOONS

SPORTS DRINK
20 OZ / 591 ML
34G = 8.5 TEASPOON

BAKED GOODS

APPLE JUICE
12 OZ / 355 ML
37G = 9.25 TEASPOONS

HIGH LEVELS OF SUGAR INTAKE CAN LEAD TO:

HIGH BLOOD PRESSURE	HEART ATTACK
WEIGHT GAIN	STROKE
TYPE II DIABETES	TOOTH DECAY
FATTY LIVER DISEASE	DEMENTIA

