## **NOVEMBER**

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

## **DAILY SUGAR INTAKE**

[AMERICAN HEART ASSOCIATION]

MEN- 38G (9 TEASPOONS)

WOMEN - 25G 6 TEASPOONS

KIDS - < 25G [6 TEASPOONS]

Nutrition Facts

Serving Size 12 fl oz (360 mL) Servings Per Container 6

**Amount Per Serving** 

Calories 140

% Daily Value\*

Total Fat 0g 0%

Sodium 45mg 2%

Total Carbohydrate 39g 13%

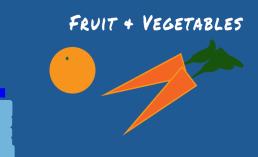
Sugars 39g

**Protein** 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

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.



MILK 16 02 / 473 ML 136 = 3.25 TEASPOONS MILK

UNFLAVORED WATER ANY SIZE 12 OZ/ 360 ML OG SUGAR = O TEASPOON Unsweetened Black Tea 18.5 OZ / SY7 ML OG = O TEASPOONS

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



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



SPORTS DRINK 2002 / 591 ML 34G = 8.5 TEASPOON

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

HIGH LEVELS OF SUGAR INTAKE CAN LEAD TO:

HIGH BLOOD PRESSURE WEIGHT GAIN TYPE II DIABETES FATTY LIVER DISEASE

HEART ATTACK
STROKE
TOOTH DECAY
DEMENTIA







