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 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.

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

Did You Know?

SUGAR: HOW MUCH IS TOO MUCH?

American Heart Association recommends no more than:

MEN

9 teaspoons | 36 grams
150 calories

WOMEN

6 teaspoons | 25 grams
100 calories

= 4 grams

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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

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>2/3 cup (55g)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td>20%</td>
</tr>
</tbody>
</table>

Includes 10g Added Sugars
How many teaspoons of sugar are in these common foods?

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

**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

Contact us for more information and to discuss your individual lifestyle habits today!