SIZING UP SUGARS AND SWEETENERS

SUGAR

It’s one of the most popular ingredients in the foods and drinks we consume, and it’s found in most processed foods.

Then and Now...

1800s
The average American consumed 2 lbs. of sugar annually.

1970
Consumption jumped to 123 lbs. annually.

TODAY
Consumption is almost 152 lbs. annually (equal to 3 lbs. weekly)

How Much Sugar should You Consume?

MEN
Up to 150 calories daily from sugar (9 teaspoons).

WOMEN
Up to 100 calories daily from sugar (6 teaspoons).

Many people turn to low- and no- calorie sweeteners and other sugar substitutes in an effort to reduce the amount of calories from sugar they consume.

Common Names For Added Sugars You Should Watch Out For:

Made from real Agave Syrup
Flavored with Beet Sugar
Contains Cane Juice Crystals
Includes Cane Syrup

Made with Dextrose
Flavored from Evaporated Cane Juice
Includes Galactose
Contains Glucose

Contains High Fructose Corn Syrup
Flavored with Honey
Includes Lactose
Made with Malt

Contains Maltose
Made with Sucrose
Made from Rice Syrup
Includes Treacle

For more information, visit www.CardioSmart.org/Sugars.
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