

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.

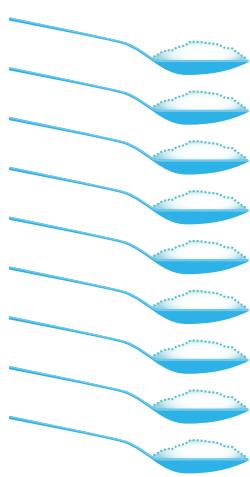


TODAY

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

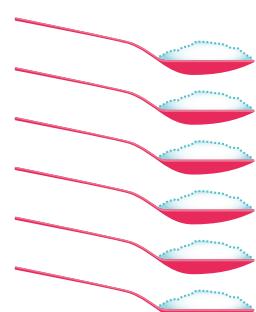
How Much Sugar should You Consume?

MEN

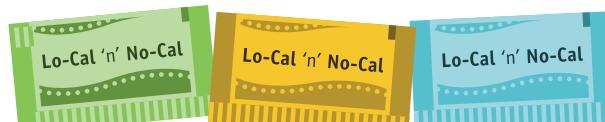


Up to **150 calories** daily from sugar (9 teaspoons).

WOMEN



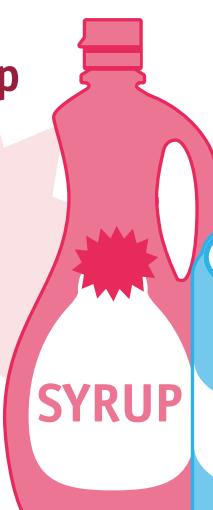
Up to **100 calories** daily from sugar (6 teaspoons).



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.

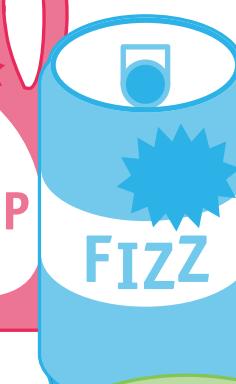
Common Names For Added Sugars You Should Watch Out For:

Made from real **Agave Syrup**



Flavored with **Beet Sugar**
Contains **Cane Juice Crystals**
Includes **Cane Syrup**

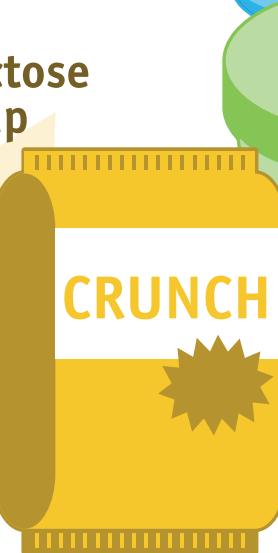
Made with **Dextrose**



Flavored from **Evaporated Cane Juice**
Includes **Galactose**

Contains **Glucose**

Contains **High Fructose Corn Syrup**



Contains **Maltose**
Made with **Sucrose**

Made from **Rice Syrup**
Includes **Treacle**

Flavored with **Honey**
Includes **Lactose**
Made with **Malt**