SUGAR TOO MUCH OF A SWEET THING

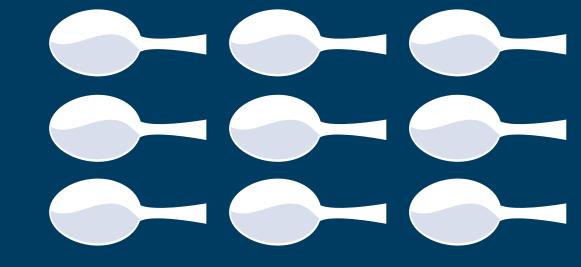
The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. Even one 20 oz. soda contains far more than that.

VS

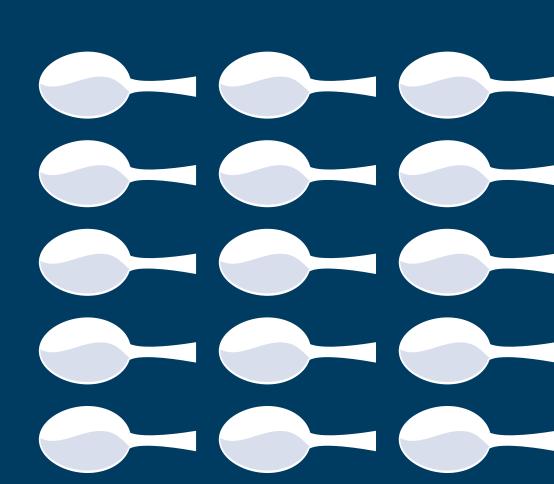
teaspoons added sugars for women per day



teaspoons added sugars for men per day

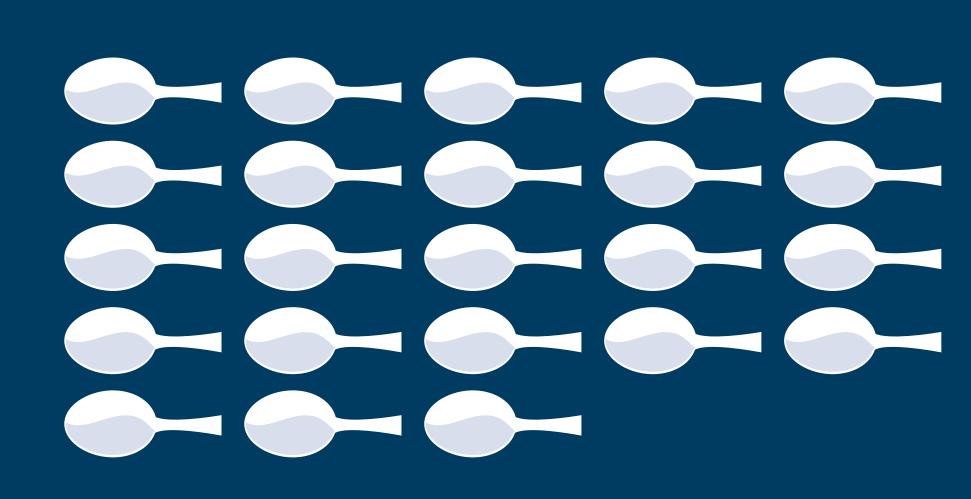


15
teaspoons
of sugars in a
20 oz. Coke



25 teaspoons

Actual added sugars consumed by average American per day



Calories consumed daily from added sugars by the average American

Burning those calories would take:



Basketball:

1 hour



Jogging: 3/4 hour



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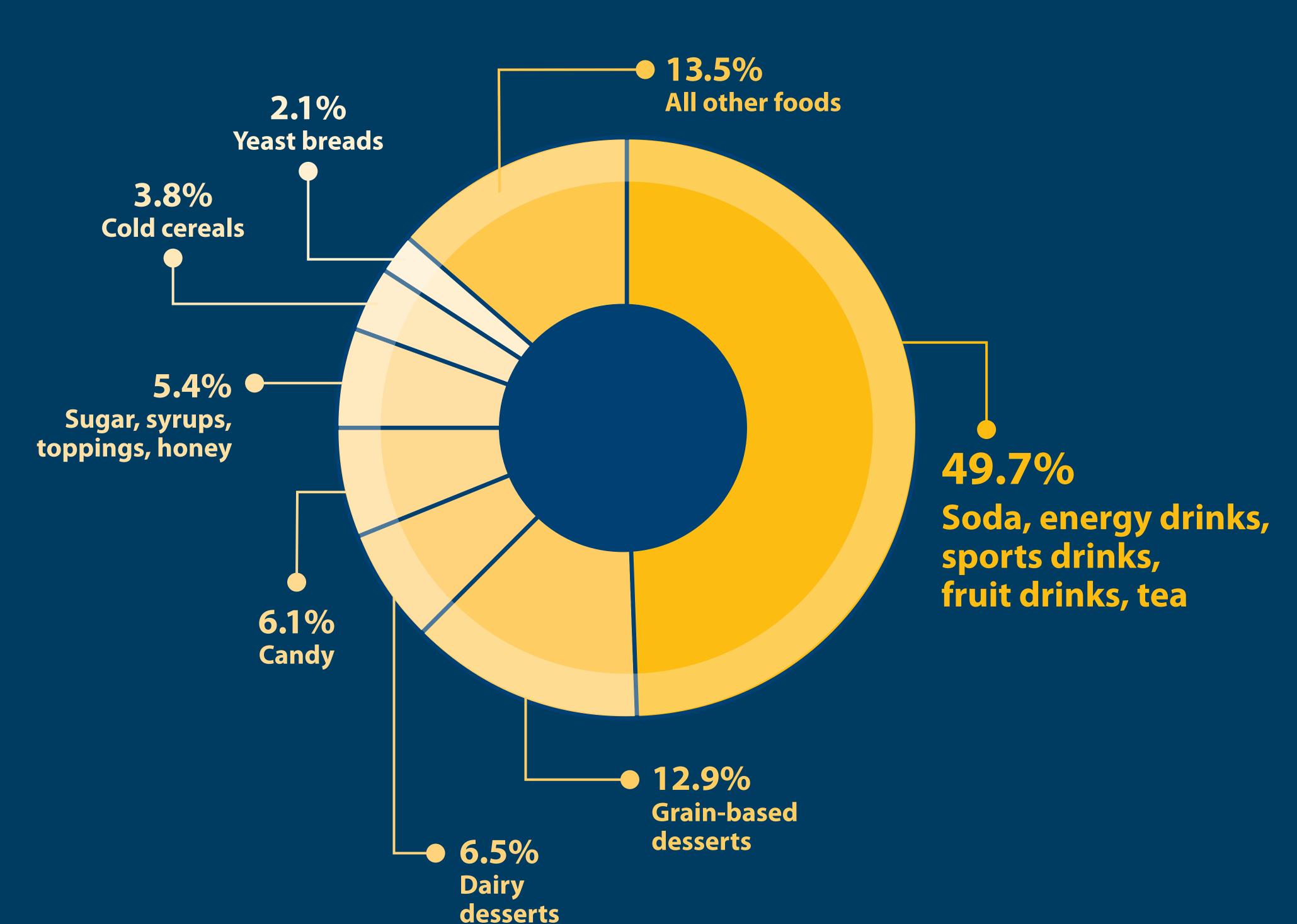
www.cspinet.org
Sources:

- 1. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health." A Scientific Statement from the American Heart Association. Circulation. 2009;120:1011-20.
- 2. Arizona State University Healthy Lifestyles Research Center. Available at: http://sites.google.com/site/compendiumofphysicalactivities. Accessed Jan. 28, 2013.
- 3. Chart 1:
 Dietary Guidelines for Americans, Figure 3-6. Sources of added sugars in the diets of the U.S. Population ages 2 years and older, NHANES 2005–2006. http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/Chapter3.pdf. Accessed February 6, 2013.
- Chart 2:
 Loss-Adjusted Food Availability–Sugar and Sweeteners (added). http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system.aspx; accessed August 24, 2012.
 - Chart 3:
 Beverage Marketing Corporation. Beverage Industry 2012 State of the Industry Report. http://www.bevindustry.com/articles/85663-2012-state-of-the-industry-report?v=preview
- 4. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health. A Scientific Statement from the American Heart Association. Circulation. 2009;120:1011-20.

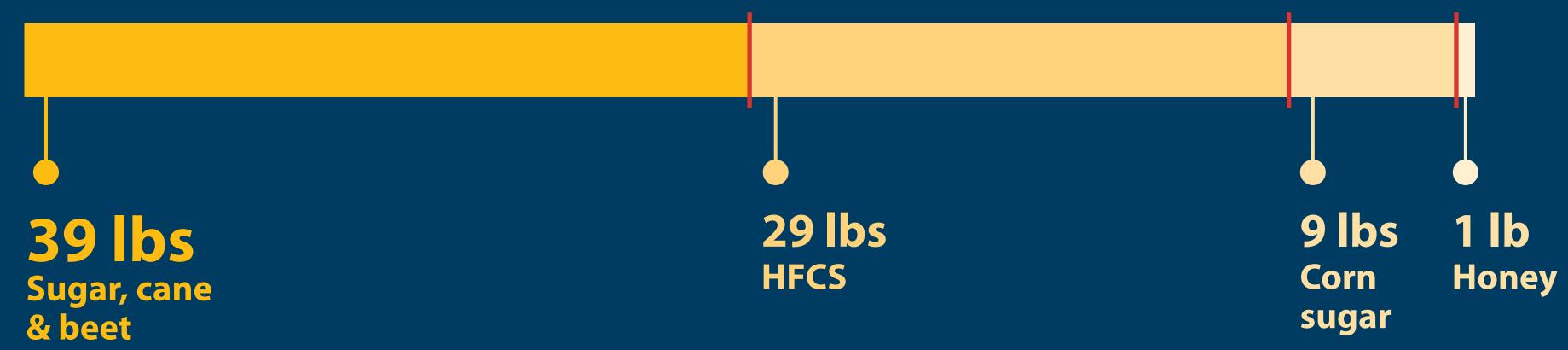
2

Pounds of added sugars from sugar drinks are consumed by the average American each year

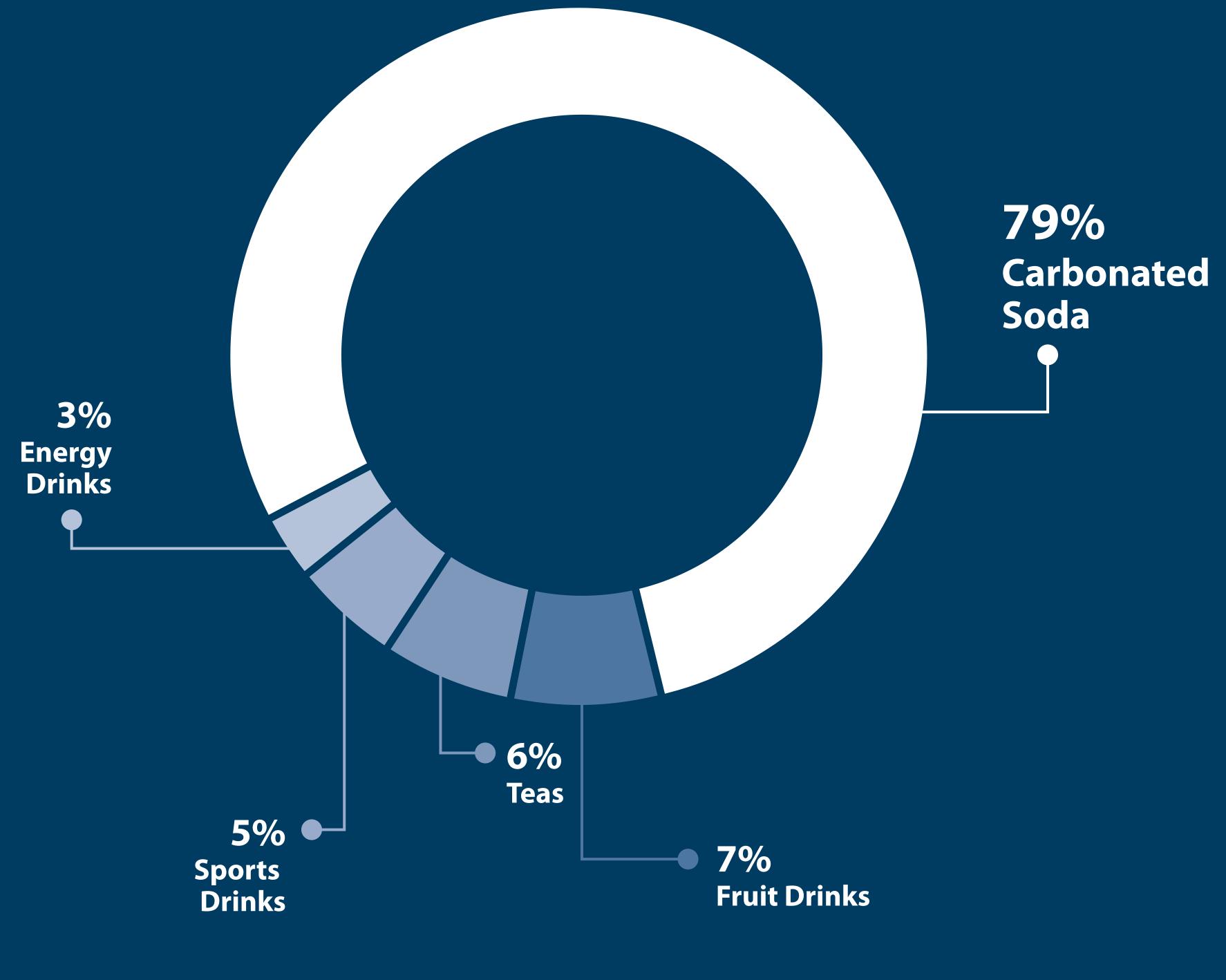
Sources of Added Sugars



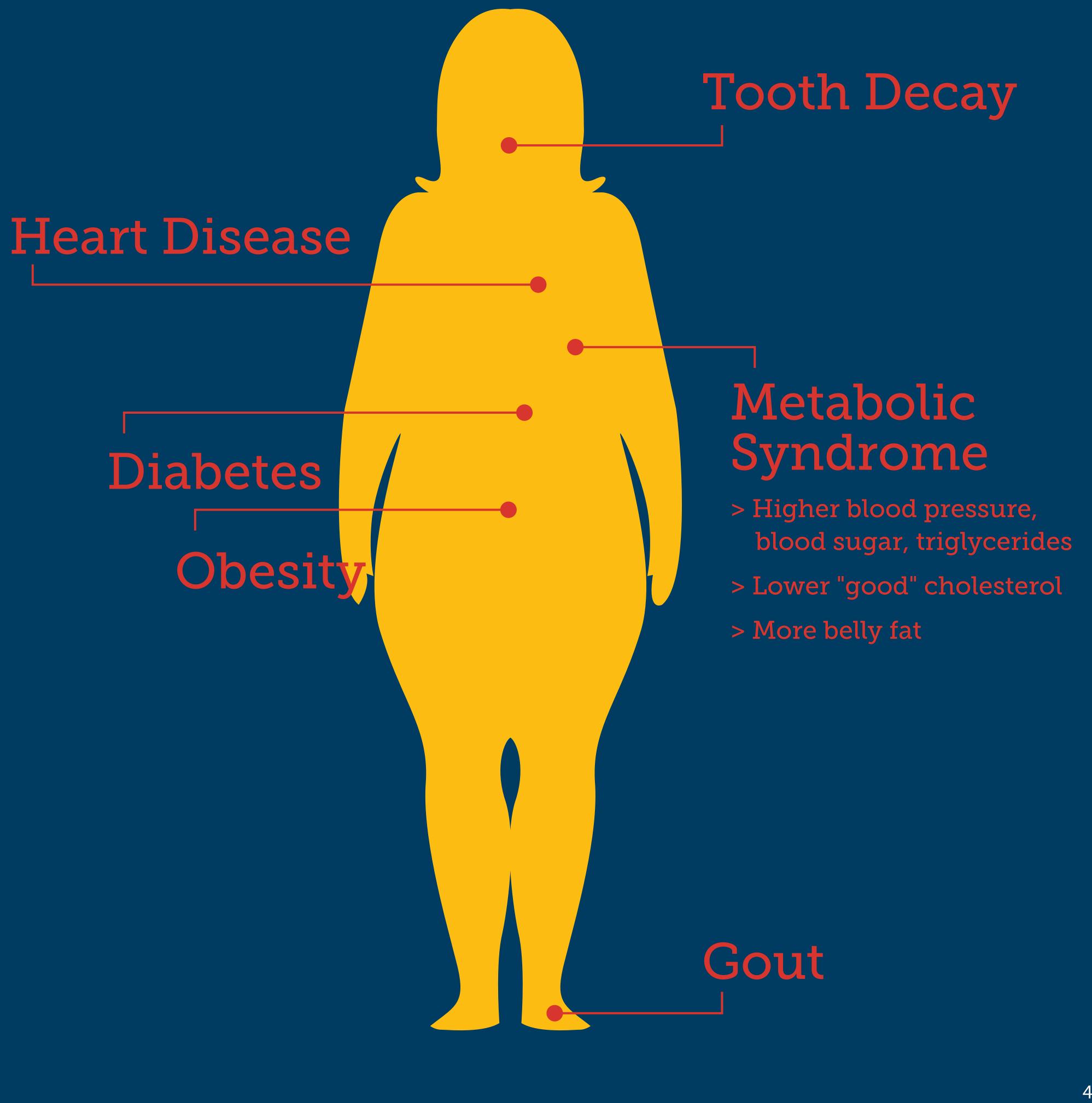
Consumption of Added Sugars (78 lbs./year; 2010)



Soda, the Sugar Drink of Choice



Sugar Drinks: Making Us Sick



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availability-(per-capita)-data-sýstem.aspx; accessed August 24, 2012.

American Heart Association. Circulation. 2009;120:1011-20.

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Chart 3:

- 2. Arizona State University Healthy Lifestyles Research Center. Available at: http://sites.google.com/site/ compendiumofphysicalactivities>. Accessed Jan. 28, 2013.
- 3. Chart 1:

- Dietary Guidelines for Americans, Figure 3-6. Sources of added sugars in the diets of the U.S. Population ages 2 years and older, NHANES 2005–2006. http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/Chapter3.pdf.
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- Beverage Marketing Corporation. Beverage Industry 2012 State of the Industry Report. http://www.bevindustry.com/ articles/85663-2012-state-of-the-industry-report?v=preview 4. Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health. A Scientific Statement from the