SUGAR

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

ON AVERAGE, Americans consume 6 cups of sugar a week

(equal to 42 teaspoons of sugar a day)

HOW MUCH SUGAR SHOULD YOU CONSUME?

LESS THAN 10% OF DAILY CALORIES should be from added sugars.

1 gr. = 4 cal.
4 gr. = 1 tsp.

WHERE ARE ADDED SUGARS HIDING?

47% SUGARY DRINKS
31% SNACKS & SWEETS
8% GRAINS
6% PREPARED DISHES
2% CONDIMENTS & DRESSINGS
4% DAIRY

COMMEN NAMES For ADDED SUGARS To Be Aware Of

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

1 can of soda = up to 40 grams of sugar
1 can of soda = up to 160 calories

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/Sugars

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