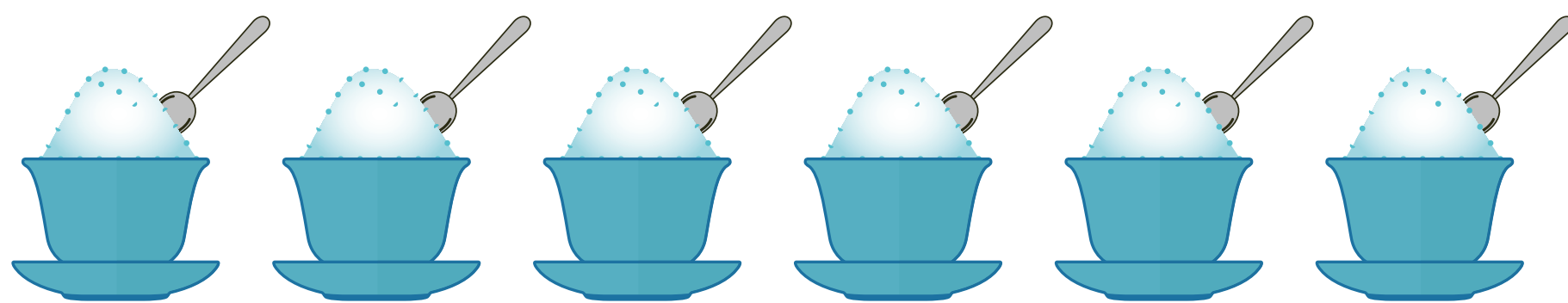


SUGAR

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



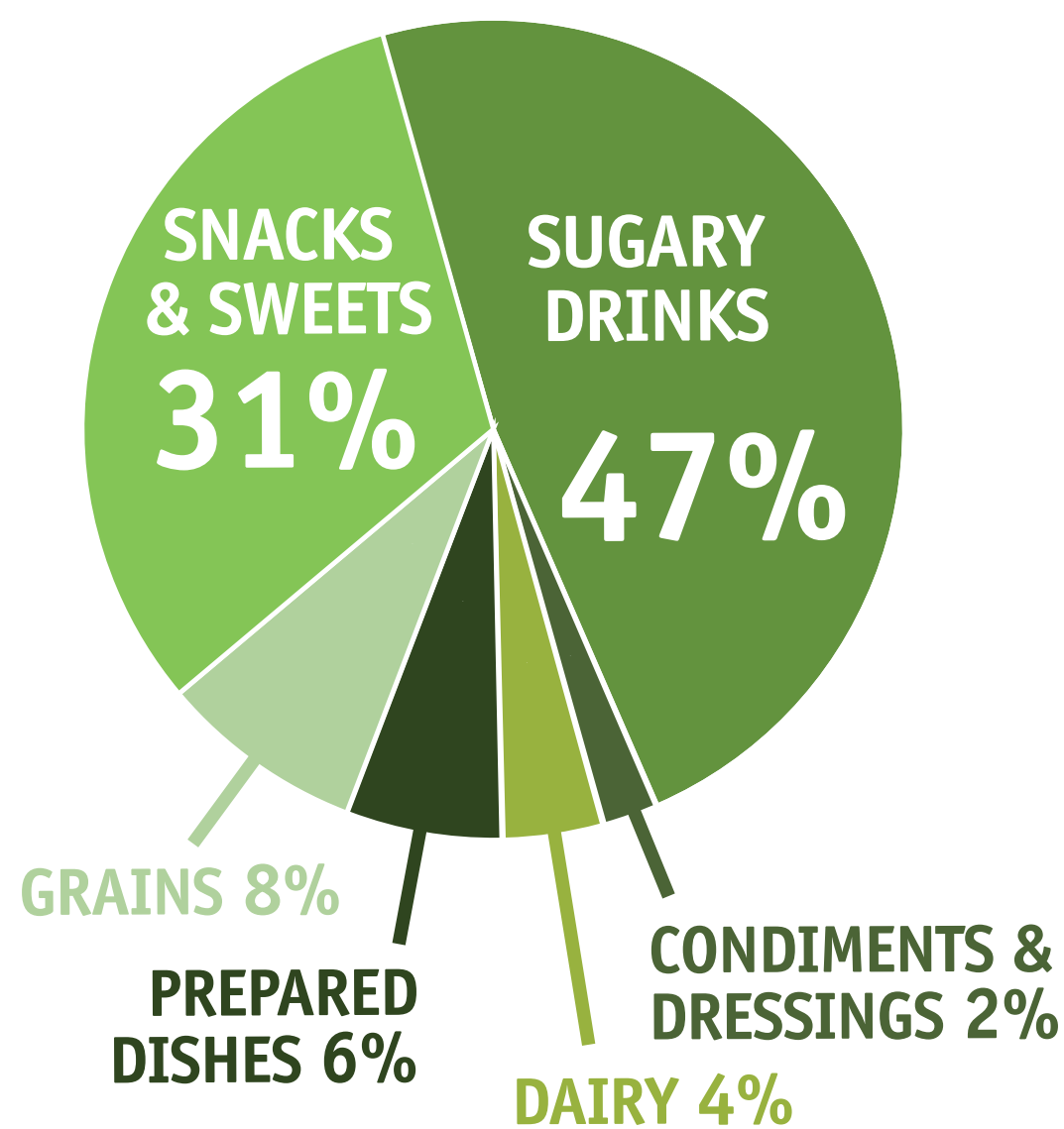
(equal to **42**
teaspoons
of sugar a day)

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?



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

COMMON 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**

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

➤ For more information, visit CardioSmart.org/Sugars

@CardioSmart

Facebook.com/CardioSmart

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters