

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.**

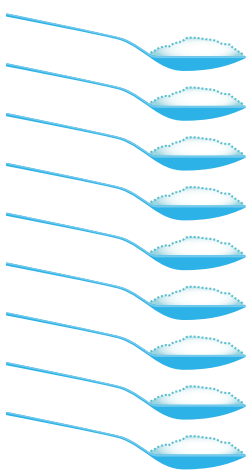


TODAY

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

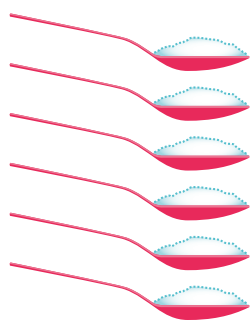
How Much Sugar should You Consume?

MEN

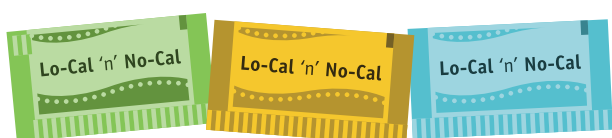


Up to **150 calories daily** from sugar (**9 teaspoons**).

WOMEN

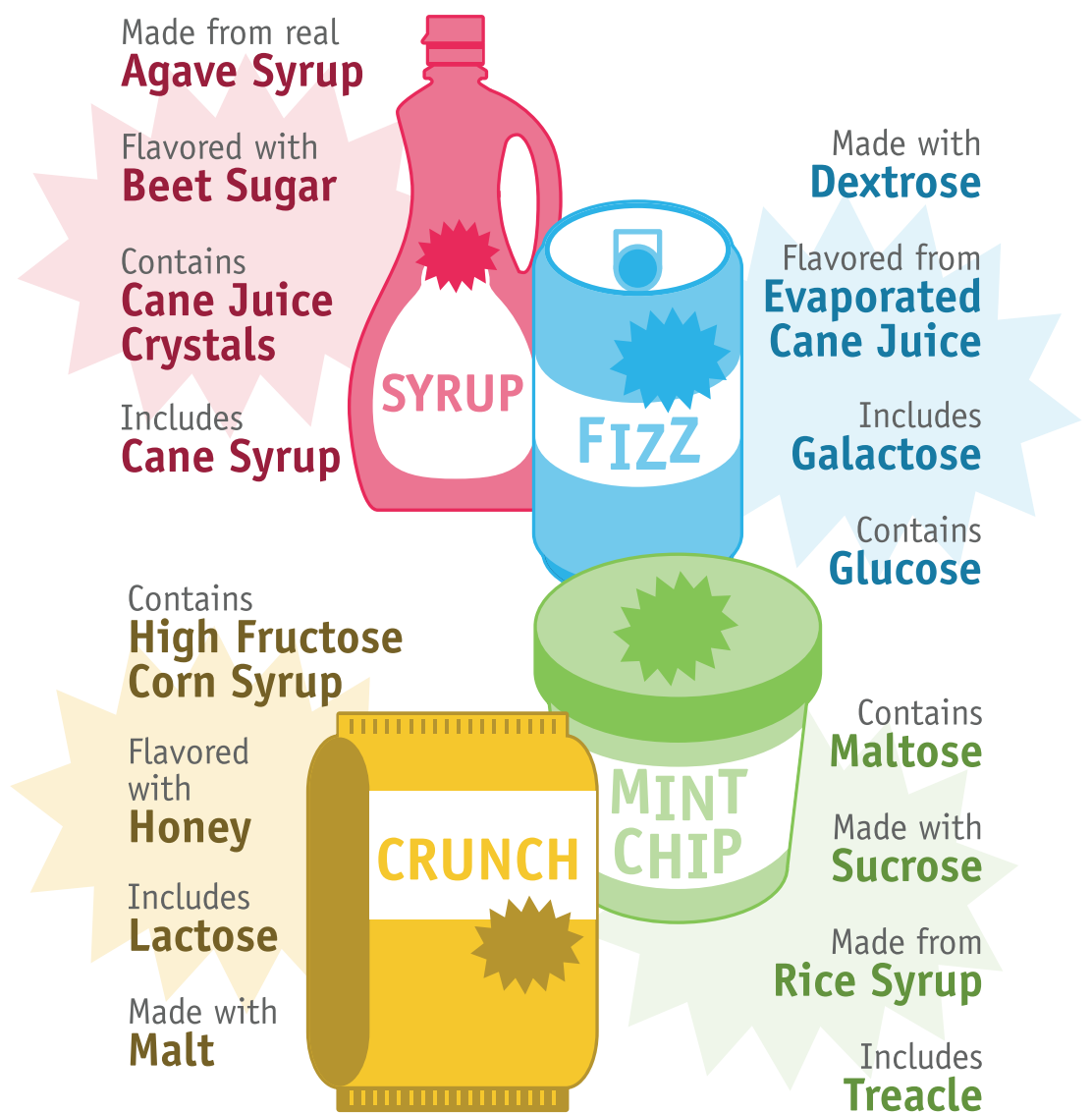


Up to **100 calories daily** from sugar (**6 teaspoons**).



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.

CardioSmart is sponsored in part by The Coca-Cola Company.

Please consult your health care provider about your specific health needs.