



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.

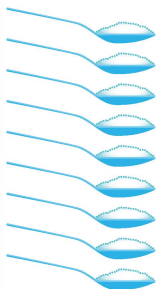


TODAY

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

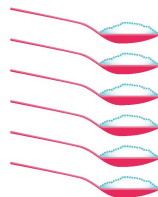
How Much Sugar should You Consume?

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**

Contains **High Fructose Corn Syrup**

Flavored with **Honey**

Includes **Lactose**

Made with **Malt**

Made with **Dextrose**

Flavored from **Evaporated Cane Juice**

Includes **Galactose**

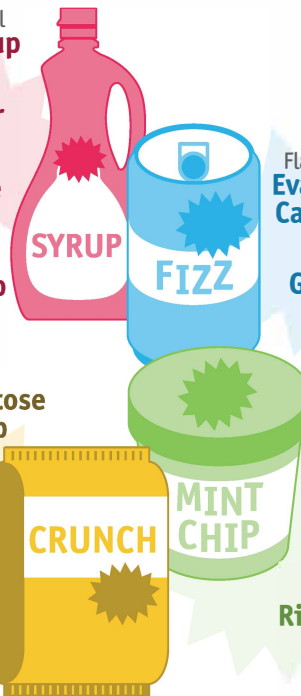
Contains **Glucose**

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.