

TEASPOONS OF SUGAR

Amount of sugar in popular drinks



HIDDEN SUGAR

Sugar-sweetened beverages are one of the biggest sources of added sugar in the American diet

Other names for "added sugar"

- Brown rice syrup
- Dehydrated cane juice
- Dextrose
- Evaporated cane juice
- Fruit juice concentrate
- High fructose corn syrup
- Invert sugar
- Malt syrup
- Maltose
- Sorbitol



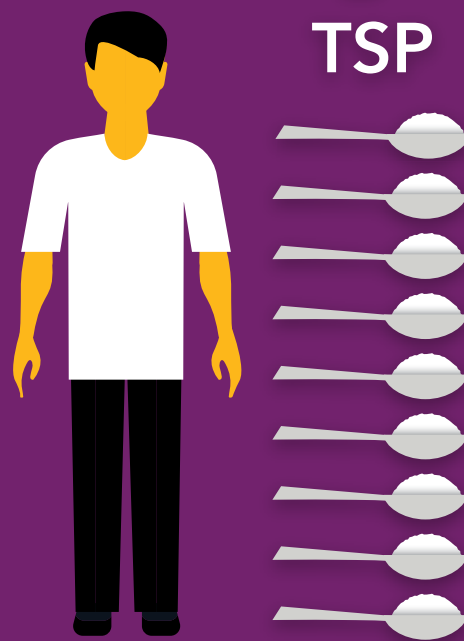
BETTER SUGAR CHOICES

- Brown sugar
- Honey
- Maple syrup
- Molasses
- Raw sugar

Recommended daily added sugar intake amounts

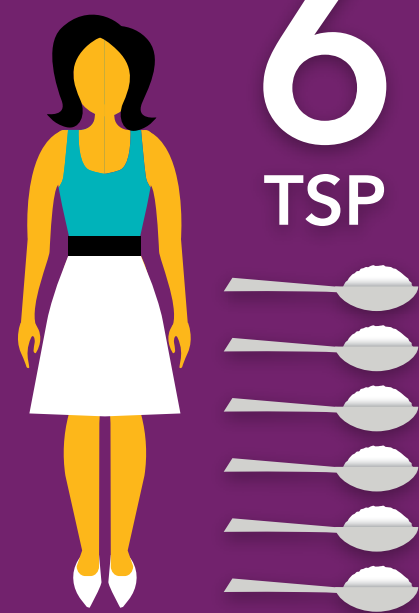
MEN
36 grams

9 TSP



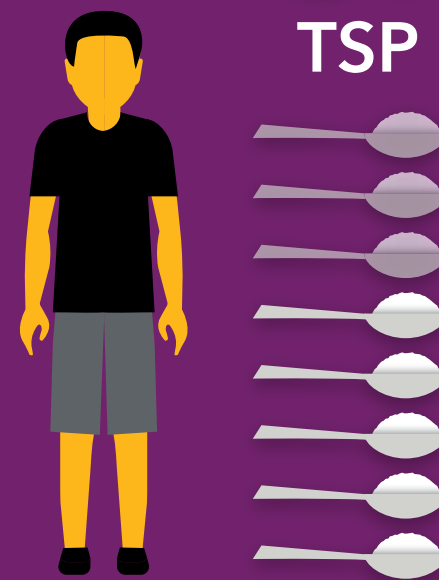
WOMEN
24 grams

6 TSP



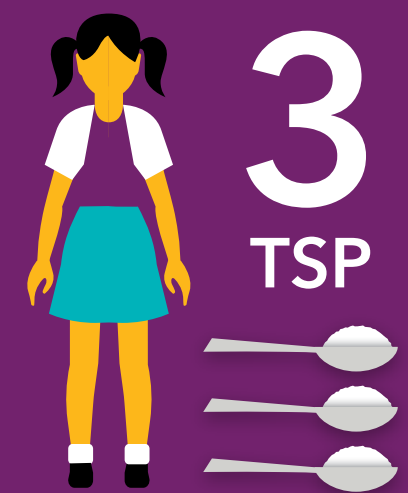
TEENS
20-32 grams

5-8 TSP



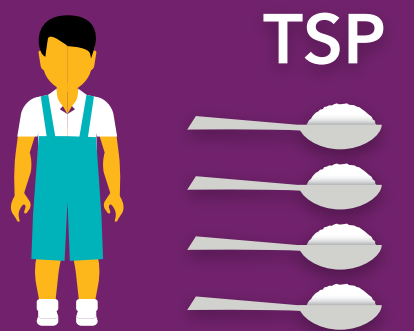
CHILDREN
12 grams

3 TSP



TODDLERS
16 grams

4 TSP

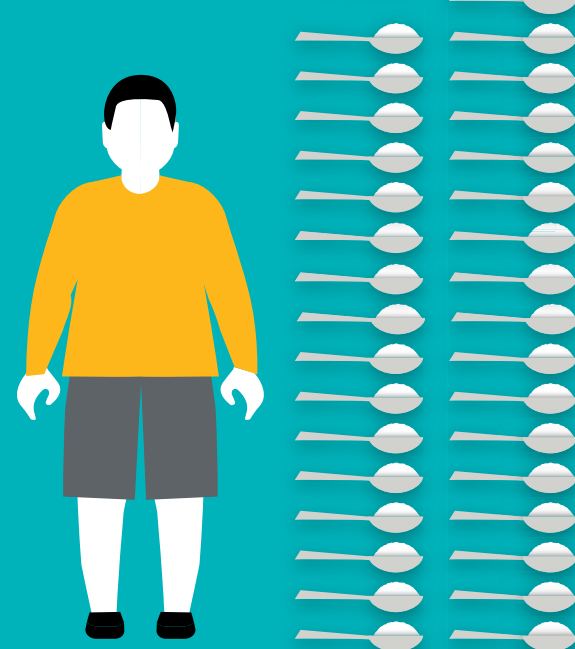


Americans' average daily sugar intake

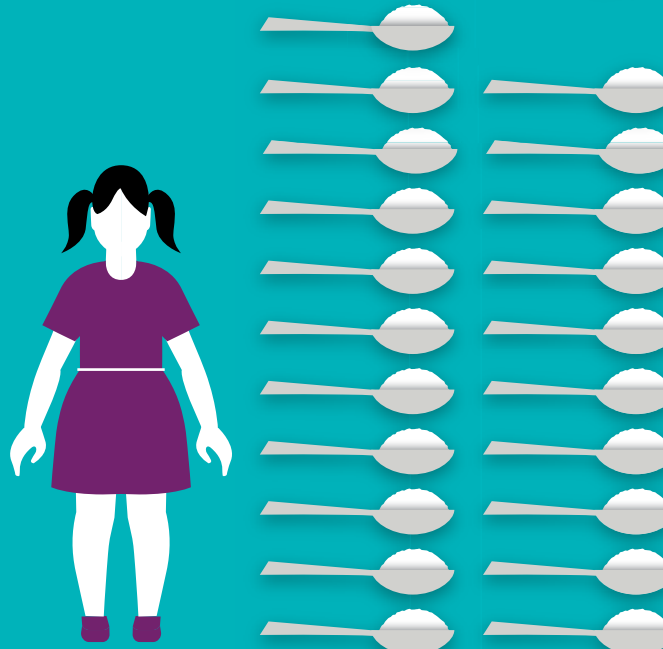
ADULTS
88 grams
22 TSP



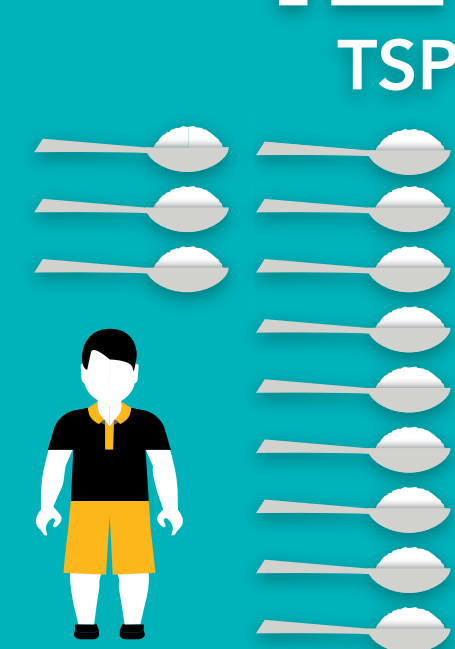
TEENS
137 grams
34 TSP



CHILDREN
84 grams
21 TSP



TODDLERS
48 grams
12 TSP



HEALTH EFFECTS OF SUGAR

Diseases linked to excessive sugar intake

- Cancer
- Diabetes
- Heart disease
- Obesity
- Tooth decay