The American Heart Association recommends a daily added sugar limit of:

- **6 tsp** for women
- **3 tsp** for children
- **9 tsp** for men

Soft drinks and sweetened beverages are the primary source of added sugars.

Beverages are often sweetened with fructose, extracted and concentrated from:

- Beets
- Corn & sugarcane

Fructose may lead to leptin resistance, causing increased hunger.

There is a rapid increase in glucose after drinking sweetened beverages, which lack fiber to slow down metabolism.

Possible health risks of high sugar intake include:

- **Weight gain**
- **Diabetes**
- **Dental caries**
- **Atherosclerosis**


