



On Our Overconsumption of Sugar

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

6 tsp
women

3 tsp
children

9 tsp
men

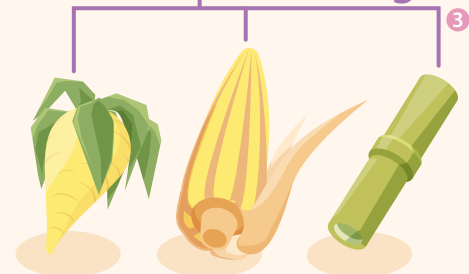
Soft drinks and sweetened beverages are the primary source of added sugars³

11 tsp
soda

Beverages are often sweetened with **fructose**

extracted and concentrated from:

beets corn & sugarcane



...a process that removes fiber and nutrients

there is a rapid increase

in **glucose & fructose**

after drinking sweetened beverages, which lack fiber to slow down metabolism



74% of packaged foods in supermarkets contain added sugar



Fructose may lead to leptin resistance, causing **increased hunger**⁴

Glucose stimulates the pancreas to release and more energy is stored as **fat** ← **insulin**⁵

Possible health risks of high sugar intake include:

- Weight gain
- Diabetes
- Dental caries
- Atherosclerosis

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3. Ng, S.W., Slining, M.M., & Popkin, B.M. (2012). Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009. *Journal of the Academy of Nutrition and Dietetics*, 112(11), 1828-1834.e1821-1826.

4. Shapiro, A., Mu, W., Roncal, C., Cheng, K.-Y., Johnson, R.J., & Scarpace, P.J. (2008). Fructose-induced leptin resistance exacerbates weight gain in response to subsequent high-fat feeding. *American Journal of Physiology, Regulatory, Integrative and Comparative Physiology*, 295(5), R1370-1375.

5. Bray, G.A. How bad is fructose? *Am J Clin Nutr. American Society for Nutrition*; 86(4):895-6.

6. Stanhope KL, Havel PJ. Endocrine and metabolic effects of consuming beverages sweetened with fructose, glucose, sucrose, or high-fructose corn syrup. *Am J Clin Nutr* [Internet]. American Society for Nutrition; 2008 Dec; 88(6):1733S-1737S.

7. Howard BV, Wylie-Rosett J. Sugar and Cardiovascular Disease. *Circulation*. 2002;106(4), R1370-1375.