##  ora Sweit THMG

The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. Even one 20 oz. soda contains far more than that.

teaspoons added
sugars for women
per day

teaspoons added sugars for men per day


15
teaspoons of sugars in a 20 oz. Coke


23
teaspoons
Actual added sugars consumed by average American per day

385
Calories consumed daily from added sugars by the average American

## Burning those calories would take:



Biking:
3/4 hour


## Basketball:

## 1 hour


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## Sources of Added Sugars



Consumption of
Added Sugars (78 lbs./year; 2010)

|  |  |  |  |
| :---: | :---: | :---: | :---: |
| - | - | $\bigcirc$ | - |
| 39 lbs <br> Sugar, cane <br> \& beet | 29 lbs HFCS | $\begin{aligned} & 9 \mathrm{lbs} \\ & \text { Corn } \\ & \text { sugar } \end{aligned}$ | 1 lb Honey |

## Soda, the Sugar Drink of Choice



## Sugar Drinks: Making Us Sick


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Sources

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