



Toolbox

How Too Much Sugar Affects Your Health

- Almost half of the added sugar in the American diet comes from one source: sugary drinks.
- Other sources include baked goods, candy, cereals, dairy products and desserts.

Make smart choices as part of an overall healthy eating pattern:

- Eat plenty of fruits and vegetables of all colors and types.
- Cut back on the amount of sugar you add to foods and drinks.
- Choose mostly nutrient-dense foods instead of empty calories.
- Replace sugary drinks with water and sugar-free options.
- Read labels to find products with less added sugars.

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Too much added sugar may put you at higher risk for:

- Cardiovascular disease
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The AHA recommends limiting added sugar to 36 teaspoons (150 grams) per day for most men and 25 teaspoons (100 grams) per day for most women and children over 2. The average adult gets about 17-18 teaspoons of sugar each day... almost double the limit for men and triple the limit for women/

- What are some of the top sources of added sugar that you see?