

How Much Added Sugar Are You Eating?

- ❖ Average American consumes 156 pounds of added sugar every year (that's almost 1 cup every day!).
- ❖ Most Americans eat around a whopping 66 pounds of added fat each year!
- ❖ Sugar is the most common food additive in the U.S.
- ❖ Sugar is added to our foods in a variety of different names such as: corn sweetener, sucrose, honey, high-fructose corn syrup, lactose and fructose.
- ❖ All of these different "types" of sugars contribute to added calories and an increase in health problems such as diabetes and an increased rate of tooth decay.



Sugar Content of Common Foods

| | |
|---------------------------------------|-------------------------------------|
| 12 oz. soda | 10 ³ / ₄ tsp. |
| ¹ / ₂ cup Jello | 4 ³ / ₄ tsp. |
| 2" Brownie | 3 ¹ / ₂ tsp. |
| 1 Pop Tart | 4 ¹ / ₄ tsp. |
| 1 cup vanilla ice cream | 6 tsp. |
| 3" cookie | 3 tsp. |
| 2 Tbsp syrup | 4 ³ / ₄ tsp. |
| Hershey Bar | 5 ¹ / ₂ tsp. |
| Apple Pie | 5 ¹ / ₂ tsp. |
| 1 cup Fruit Loops cereal | 3 ¹ / ₂ tsp. |

Ways to cut back on your sugar content:

1. **Drink less soda.** *Soft drinks provide on average more sugar than any other food. Replace soda with milk or water.*
2. **Calm that sweet tooth** *with fresh fruits instead of sweets. Fruits are high in vitamins and minerals and many are fiber-rich.*
3. **Read the food label.** *If sugar is one of the first ingredients listed, then it indicates it is made mostly of sugar.*

Revised 7/12