

# Is There Too Much Added Sugar in Drinks?

## What are the recommendations ?

- Children should not consume more than 6 tsp per day.
- Pregnant or breastfeeding mothers should not consume more than 10% of calories a day.



## Drinks High in Added Sugar

- Sodas
- Juices
- Milkshakes
- Sports drinks
- Sweetened coffees



## Nutrition Facts

**Serving Size** 1 Can

**Amount Per Serving**

**Calories** 140

**% Daily Value**

**Total Fat** 0g 0%

**Sodium** 45mg 2%

**Total Carbohydrate** 39g 14%

**Total Sugars** 39g

**Includes 39g Added Sugars** 78%

**Protein** 0g



## Real Fruits or Juices?

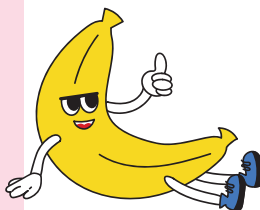
- Eating fresh fruits is healthier because fresh fruits provide fiber, minerals, and vitamins.
- 100% fruit juices are better to drink rather than artificial juices.

## Where can the Sugar be Found?

- Locate "carbohydrates" on the back of the food package.
- The sugar content would either be written as "Sugar" or "Added sugars."

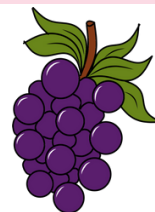
## Did You Know?

- Consuming seven glasses of 100% fruit juice a week can help lower the risk of heart disease by 12-15%.



## Yummy Fruits to Eat!

- Apples
- Grapes
- Strawberries
- Mangos
- Bananas



Scheffers, F. R., Boer, J. M., Verschuren, W. M., Verheus, M., van der Schouw, Y. T., Sluijs, I., Smit, H. A., & Wijga, A. H. (2018). Pure fruit juice and fruit consumption and the risk of CVD: The European Prospective Investigation Into Cancer and Nutrition-Netherlands (EPIC-NL) study. *British Journal of Nutrition*, 121(3), 351-359. <https://doi.org/10.1017/s0007114518003380>

Kids and added sugars: How much is too much? [www.heart.org](http://www.heart.org). (2021, November 23). Retrieved March 2, 2023, from <https://www.heart.org/en/news/2018/05/01/kids-and-added-sugars-how-much-is-too-much>

World Health Organization. (2015). Guideline: Sugars intake for adults and children. World Health Organization. Retrieved March 2, 2023, from <https://www.who.int/publications-detail-redirect/9789241549028>

Dietary guidelines for Americans. (2015). <https://doi.org/10.1377/hpb20151214.174872>

# Is There Too Much Added Sugar in Snacks?

## Foods High in Added Sugar

- Cookies
- Pies
- Cakes
- Candies
- Cereals
- Ice cream
- Chips
- Doughnuts

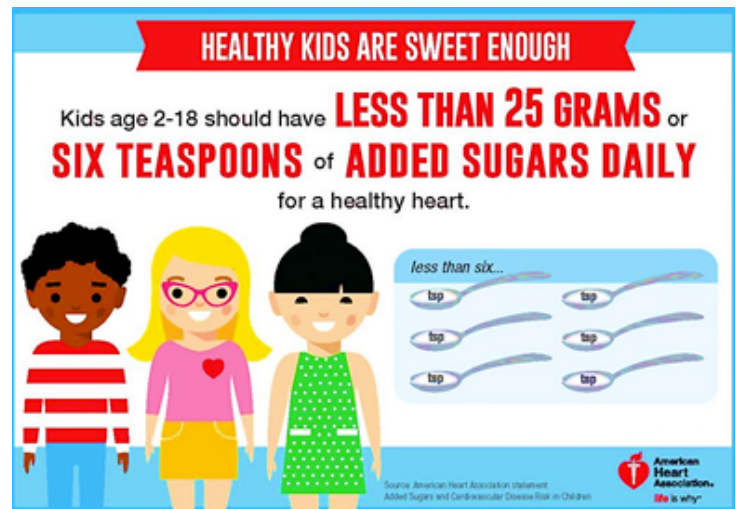


## How much Sugar should be Eaten?

- Children should eat less than 25 grams or six teaspoons of added sugar per day.
- Pregnant or breastfeeding mothers should not consume more than 7.5 teaspoons of added sugar a day.

## Nutrition Facts

|   |                       |
|---|-----------------------|
| Serving Per Container: 1  |                       |
| Serving Size: 1 bottle (20 oz)  |                       |
| Amount Per Serving  |                       |
| <b>Calories</b>   | <b>260</b>            |
|   | <b>% Daily Value*</b> |
| Total Fat 0 g   | 0%                    |
| Sodium 50 mg  | 2%                    |
| Total Carbohydrate 65 g   | 22%                   |
| Sugars 65 g   |                       |
| Incl. 65 g Added Sugars   | 130%                  |
| Protein 0 g   |                       |
| <b>INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID.</b> |                       |



## Did you Know?

- Americans under 20 years old are more likely to be diagnosed with Diabetes each year.
- About 2-10% of pregnancies are affected by gestational diabetes each year.

## Where can the Sugar be Found?

- Locate the label found on the back of the food package and find the "carbohydrates" label.
- The sugar content would read as "sugars" or "added sugars."



• Staff, A. (2017, May 24). Healthy kids 'sweet enough' without added sugars. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/2016/08/23/aha-added-sugar-limits-children/>

• Enough, S. S. (2022, November 16). Sugar & Health in Pregnancy. Sheffield's Sweet Enough. <https://www.sheffieldssweetenough.org/sugar-and-your-health/sugar-in-pregnancy>

• Casas, R., Castro-Barquero, S., & Estruch, R. (2020). Impact of Sugary Food Consumption on Pregnancy: A Review. *Nutrients*, 12(11), 3574. <https://doi.org/10.3390/nu12113574>

• Staff, A. (2017, May 24). Healthy kids 'sweet enough' without added sugars. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/2016/08/23/aha-added-sugar-limits-children/>

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• <https://diabetes.org/about-us/statistics/about-diabetes#:~:text=Diabetes%20in%20youth,approximately%200.35%25%20of%20that%20population.>