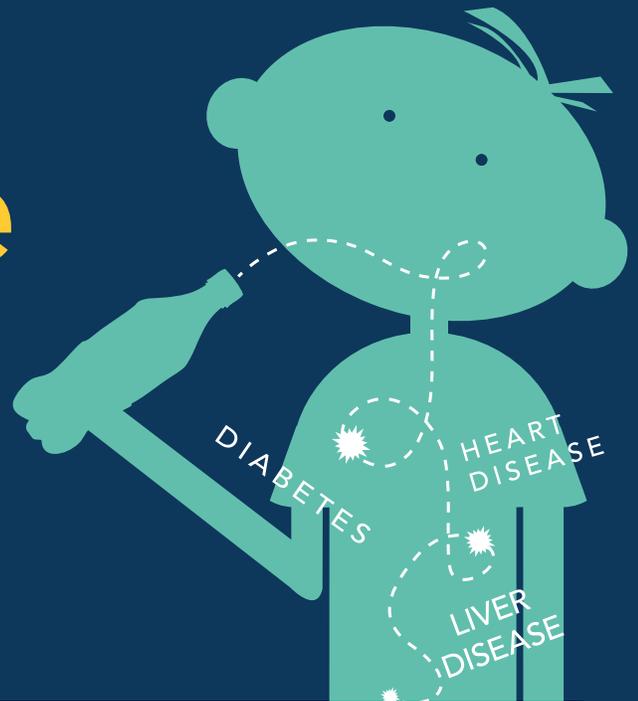


# SugarScience Facts



## There are things you *really* need to know about sugar-sweetened beverages.

- Liquid sugar, like that in soda and sports drinks, is the largest source of added sugar in the American diet (36%).
- The way your body processes liquid sugar is different than the way it processes sugar in foods, especially those containing fiber. Too much added sugar from soda and sports drinks can overload critical organs over time, leading to serious diseases.
- When you consume sugar as a beverage, you don't feel as full. It's easy to down 9 teaspoons of sugar in a single 12-oz. soda. The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men.
- Drinking just one 12-oz soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost 1/3. Heart disease is the leading cause of death in the U.S.

# SugarScience Facts



## Sugar is hiding in most of the foods we eat.

- Every day, the average American consumes almost three times more sugar than is recommended. That adds up to an average of 66 pounds of added sugar each year.
- Added sugar is hiding in 74% of packaged foods, including foods many of us think are healthy, like yogurt and energy bars, and even in savory foods, like pasta sauce, breads, salad dressing and ketchup.
- In an effort to make foods “low-fat,” many food companies replaced added fat with added sugar.
- There are at least 61 names for added sugar on food labels. They include: Agave nectar, Barley malt, Barley malt syrup, Barbados sugar, Beet sugar, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Caramel, Coconut sugar, Coconut palm sugar, Corn syrup, Corn syrup solids, Corn sweetener, Confectioner’s sugar, Carob syrup, Castor sugar, Date sugar, Dehydrated cane juice, Demerara sugar, Dextrin, Dextrose, Evaporated cane juice, Free-flowing brown sugars, Fructose, Fruit juice, Fruit juice concentrate, Glucose, Glucose solids, Golden sugar, Golden syrup, Grape sugar, HFCS (High Fructose Corn Syrup), Honey, Icing sugar, Invert sugar, Maltodextrin, Maltol, Maltose, Malt syrup, Mannose, Maple syrup, Molasses, Muscovado, Palm sugar, Panocha, Powdered sugar, Raw sugar, Refiner’s syrup, Rice syrup, Saccharose, Sorghum, Sorghum syrup, Sucrose, Sugar (granulated), Syrup, Treacle, Turbinado sugar, Yellow sugar.

# SugarScience Facts



There are things you *really* need to know about the health effects of too much added sugar.

- Growing scientific evidence shows that eating too much added sugar over time is linked to health problems, including serious diseases such as heart disease, diabetes and liver disease.
- Drinking just one 12-oz. soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost 1/3. Heart disease is the leading cause of death in the U.S.
- Long-term, excessive consumption of added sugar can also disrupt your body's natural hormonal balance, creating a condition called metabolic syndrome, which is linked to many forms of chronic disease.
- "Sugar belly" (excess fat around your midsection) is one possible sign that you might have metabolic syndrome.

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