



## Nutrition Education



### HOW IS YOUR HEALTH IMPACTED BY TOO MUCH SUGAR?

Sugar alone is not going to negatively impact your health, but the amount of sugar you consume will. The average person in America consumes nearly 20 teaspoons of sugar per day, which adds up to 66 pounds of sugar per year. This amount of sugar contributes to various health issues and diseases common in our country including diabetes, obesity, heart disease and cancer.

**THE MORE SUGAR WE EAT  
THE MORE WE CRAVE IT.**

Information for this handout was obtained from:

UCSF SugarScience

<http://sugarscience.ucsf.edu>

Created by: Tara Marino, RD

Reviewed by: Becky Bruno

August 2020

## Reducing Sugar Intake

### How Can You Eat Less Sugar?

- **Read labels:** Look at the nutrition facts of added sugar and in the ingredients. The American Heart Association recommends no more than 9 teaspoons of sugar per day for men and 6 teaspoons per day for women (1 teaspoon = 4 grams of sugar).
- **Limit intake of fat-free products:** Sauces, condiments, salad dressings and more that are advertised as fat-free are also typically higher in sugar than the full fat version. When the fat is removed, it is replaced with higher amounts of sugar per serving
- **Avoid sugary beverages:** Sugary beverages typically add the greatest amount of added sugars to your daily intake. Skip the sodas, juices and sugary coffee beverages and stick to water and calorie free drinks.

Sugar-loaded beverages are the single major source of added sugar consumed by the average American.



**CHOOSE WATER**

