

Sugar Facts

There are two forms of sugar: natural and added. Natural sugars come from fruits, vegetables, and other plants like sugar cane. Added sugars are sugars and syrups that are put into beverages during processing.

Other names for sugar on food labels:

Fructose

Corn Sweetener

Glucose

Corn Syrup

Sucrose

Fruit Juice

Dextrose

Concentrates

Maltose

Honey

High-Fructose

Brown Sugar

Corn Syrup

Malt Sugar

Agave Syrup

Invert Sugar

Malt Syrup

Molasses

THE AVERAGE AMERICAN EATS OVER
70 POUNDS
OF ADDED SUGAR **A YEAR.**¹

47% OF THE ADDED SUGAR IN
OUR DIET COMES FROM
SUGARY DRINKS.²

AMERICANS EAT ABOUT
20 TEASPOONS
OF SUGAR (**320 CALORIES**) A DAY.³

SOURCES:

¹http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar101_UCM_306024_Article.jsp#3_finding_added_sugars_in_food

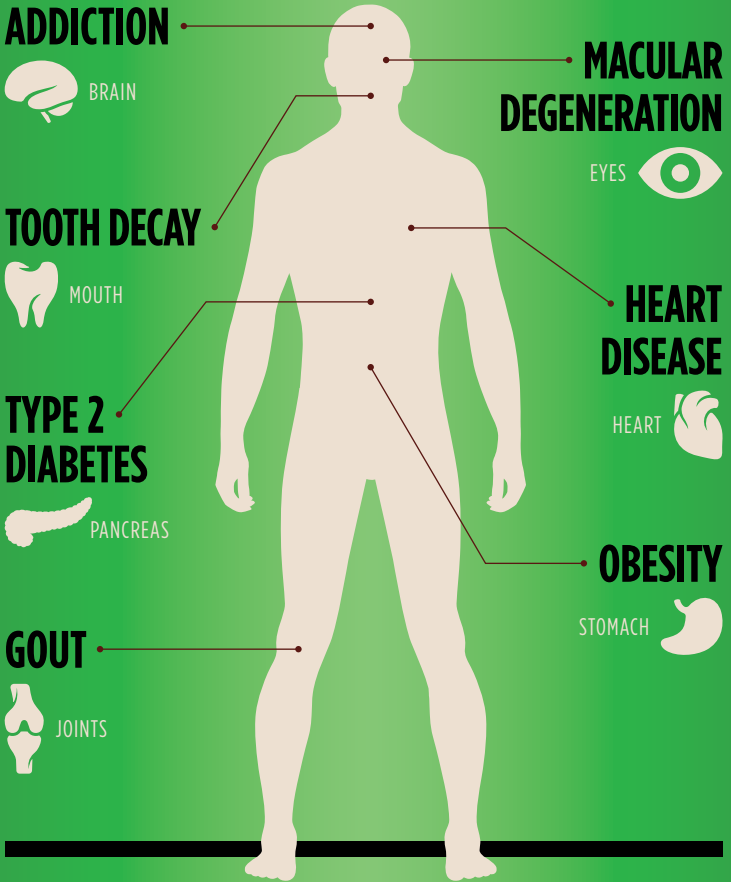
²What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee

³2005–2010 Report: National Health and Nutrition Examination Survey database

TAKE ONE

HEALTH EFFECTS OF ADDED SUGAR

CONSUMING EXCESS SUGAR CAN NEGATIVELY AFFECT YOUR BODY IN MANY WAYS.



CUTTING BACK ON SUGAR

The best way to start cutting back on sugar is to choose water instead of sugary drinks. Drinking only water between meals can keep you hydrated and feeling full for longer periods of time.

Knowledge is the best plan of attack. Spread the word and help us create healthy communities. For more information and a way to share this content visit: deltadentalco.com/sugarydrinks.aspx