

# Added Sugar

Added sugar is defined as sugar or syrup that is added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruit. Added sugars make up majority of the sugar that is in sugar-sweetened beverages.

## How much added sugar a day?

Women should have no more than 25 grams per day or 6 teaspoons, which is about 100 calories.

Men should have no more than 37.5 grams per day or 9 teaspoons, which is about 150 calories.



## What Can You Do?

Healthier drink options include:

- Water
- Flavored Water
  - Lemon
  - Strawberry
  - Mint
  - Cucumber
- Tea
- Artificially Sweetened Drinks
  - Diet
- 100% Fruit Juice
- Milk

For more facts, tips, and sips visit:  
<http://www.sugarydrinkfacts.org/>

# Rethink Your Drink



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# What's Wrong With Added Sugar?

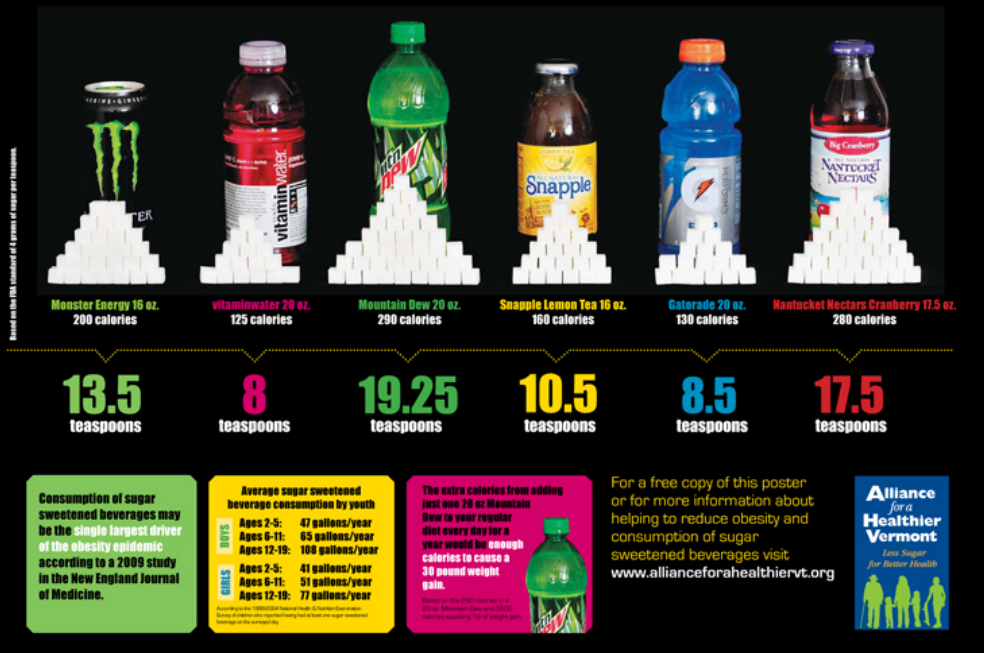
Too much added sugar is causes of many health problems. These problems include:

- Tooth decay
- High blood pressure
- Diabetes
- Weight gain
- Unhealthy food choices



## Sugar-Sweetened Beverages

### How much sugar is in your drink?



Capri Sun.....	18 grams
Coke.....	65 grams
Sweet Tea.....	38 grams
Dr. Pepper.....	68 grams
Gatorade.....	34 grams
Nesquik.....	29 grams
Sprite.....	64 grams
Red Bull.....	27 grams
Mountain Dew.....	77 grams
Vitamin Water.....	33 grams