

SUGAR

HOW MUCH IS TOO MUCH?

The average American consumes 17 teaspoons of sugar every day, which translates into 57 pounds of sugar consumed per person per year.

Reading food labels is one of the best ways to monitor your intake of added sugar. New nutrition labels will break out “added sugars” from total sugar, helping you easily identify and limit added sugar from your diet.

DAILY ADDED SUGAR LIMIT

MEN



9 teaspoons / 36 grams
150 calories

WOMEN



6 teaspoons / 25 grams
100 calories



1 teaspoon of sugar = 4 grams of sugar

Nutrition Facts

8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%



Call your healthcare provider today to get support in limiting your sugar intake and lowering your risk of developing diabetes.