



How Too Much Added Sugar Affects Your Health



Nearly **8 out of 10 adults** are trying to reduce sugar in their diets.

Where does *added sugar* come from?



Almost half of the added sugar in the American diet comes from one source: sugary drinks.



Other sources include baked goods, candy, cereals, dairy products and desserts.

The **American Heart Association recommends** limiting added sugar to 9 teaspoons (36 grams) per day for most men and 6 teaspoons (25 grams) per day for most women and children over 2.

Men



Women and Children



The average adult gets about **17 teaspoons of sugar each day** — almost double the limit for men and triple the limit for women!

Subtract *added sugar*

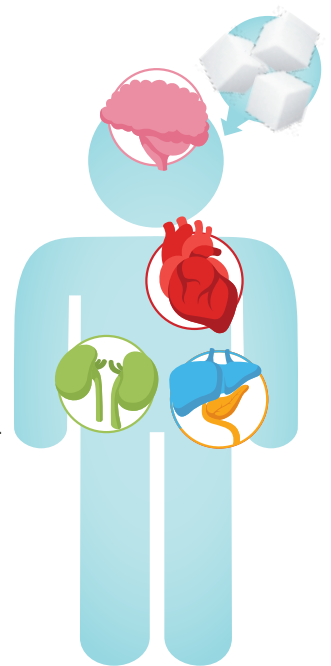
Make smart choices as part of an overall healthy eating pattern:

- Eat plenty of fruits and vegetables of all colors and types.
- Cut back on the amount of sugar you add to foods and drinks.
- Choose mostly nutrient-dense foods instead of empty calories.
- Replace sugary drinks with water and sugar-free options.
- Read labels to find products with less added sugars.

Your *Health*

Too much added sugar may put you at higher risk for:

- Cardiovascular disease
- Cognitive problems, including dementia and Alzheimer's
- Colon cancer
- Diabetes
- High blood pressure, cholesterol and triglyceride levels
- Kidney disease
- Liver disease
- Obesity
- Pancreatic cancer
- Retina, muscle and nerve damage



Too much *added sugar* may cause:

- Cavities/tooth decay
- Inflammation
- Overeating
- Increased waist size
- Weight gain
- Skin aging and wrinkles



SweetLeaf is a national supporter of the American Heart Association's Healthy for Good movement

Learn more at heart.org/HealthyForGood