

SugarScience Facts



There are things you *really* need to know about sugar.

- Every day, the average American consumes almost three times more sugar than is recommended. That adds up to an average of 66 pounds of added sugar each year.
- Growing scientific evidence shows that eating too much added sugar over time is linked to health problems, including serious diseases such as heart disease, diabetes and liver disease.
- Long-term, excessive consumption of added sugar can also disrupt your body's natural hormonal balance, creating a condition called metabolic syndrome, which is linked to many forms of chronic disease. "Sugar belly" (excess fat around your midsection) is one possible sign that you might have metabolic syndrome.
- Liquid sugar, like that in soda and sports drinks, is the largest source of added sugar in the American diet (36%).
- When you consume sugar as a beverage, you don't feel as full. It's easy to down 9 teaspoons of sugar in a single 12-oz. soda. The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men.