

Is There Too Much Added Sugar in Drinks?

What are the recommendations ?

- Children should not consume more than 6 tsp per day.
- Pregnant or breastfeeding mothers should not consume more than 10% of calories a day.



Drinks High in Added Sugar

- Sodas
- Juices
- Milkshakes
- Sports drinks
- Sweetened coffees



Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 140

% Daily Value

Total Fat 0g 0%

Sodium 45mg 2%

Total Carbohydrate 39g 14%

Total Sugars 39g

Includes 39g Added Sugars 78%

Protein 0g



Real Fruits or Juices?

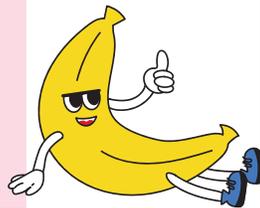
- Eating fresh fruits is healthier because fresh fruits provide fiber, minerals, and vitamins.
- 100% fruit juices are better to drink rather than artificial juices.

Where can the Sugar be Found?

- Locate "carbohydrates" on the back of the food package.
- The sugar content would either be written as "Sugar" or "Added sugars."

Did You Know?

- Consuming seven glasses of 100% fruit juice a week can help lower the risk of heart disease by 12-15%.



Yummy Fruits to Eat!

- Apples
- Grapes
- Strawberries
- Mangos
- Bananas



Scheffers, F. R., Boer, J. M., Verschuren, W. M., Verheus, M., van der Schouw, Y. T., Sluijs, I., Smit, H. A., & Wijga, A. H. (2018). Pure fruit juice and fruit consumption and the risk of CVD: The European Prospective Investigation Into Cancer and Nutrition–Netherlands (EPIC-NL) study. *British Journal of Nutrition*, 121(3), 351–359. <https://doi.org/10.1017/s0007114518003380>

Kids and added sugars: How much is too much? www.heart.org. (2021, November 23). Retrieved March 2, 2023, from <https://www.heart.org/en/news/2018/05/01/kids-and-added-sugars-how-much-is-too-much>

World Health Organization. (2015). Guideline: Sugars intake for adults and children. World Health Organization. Retrieved March 2, 2023, from <https://www.who.int/publications-detail-redirect/9789241549028>

Dietary guidelines for Americans. (2015). <https://doi.org/10.1377/hpb20151214.174872>

Is There Too Much Added Sugar in Snacks?

Foods High in Added Sugar

- Cookies
- Pies
- Cakes
- Candies
- Cereals
- Ice cream
- Chips
- Doughnuts



How much Sugar should be Eaten?

- Children should eat less than 25 grams or six teaspoons of added sugar per day.
- Pregnant or breastfeeding mothers should not consume more than 7.5 teaspoons of added sugar a day.

Nutrition Facts

Serving Per Container: 1
Serving Size: 1 bottle (20 oz)

Amount Per Serving
Calories 260

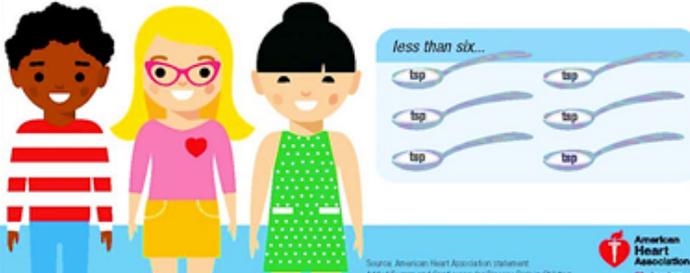
	% Daily Value*
Total Fat 0 g	0%
Sodium 50 mg	2%
Total Carbohydrate 65 g	22%
Sugars 65 g	
Incl. 65 g Added Sugars	130%

Protein 0 g

INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID.

HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.



less than six...
[Six spoons]

Source: American Heart Association Statement Added Sugars and Cardiovascular Disease Risk in Children
American Heart Association. Life is why™

Did you Know?

- Americans under 20 years old are more likely to be diagnosed with Diabetes each year.
- About 2-10% of pregnancies are affected by gestational diabetes each year.

Where can the Sugar be Found?

- Locate the label found on the back of the food package and find the "carbohydrates" label.
- The sugar content would read as "sugars" or "added sugars."



• Staff, A. (2017, May 24). Healthy kids 'sweet enough' without added sugars. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/2016/08/23/aha-added-sugar-limits-children/>

• Enough, S. S. (2022, November 16). Sugar & Health in Pregnancy. Sheffield's Sweet Enough. <https://www.sheffieldssweetenough.org/sugar-and-your-health/sugar-in-pregnancy>

• Casas, R., Castro-Barquero, S., & Estruch, R. (2020). Impact of Sugary Food Consumption on Pregnancy: A Review. *Nutrients*, 12(11), 3574. <https://doi.org/10.3390/nu12113574>

• Staff, A. (2017, May 24). Healthy kids 'sweet enough' without added sugars. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/2016/08/23/aha-added-sugar-limits-children/>

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• Casas, R., Castro-Barquero, S., & Estruch, R. (2020). Impact of Sugary Food Consumption on Pregnancy: A Review. *Nutrients*, 12(11), 3574. <https://doi.org/10.3390/nu12113574>

• <https://diabetes.org/about-us/statistics/about-diabetes#:~:text=Diabetes%20in%20youth,approximately%200.35%25%20of%20that%20population.>