

THE-NOT-SO
SUGAR-
COATED

TRUTH ABOUT SUGAR



Americans eat an average
of 100 lbs. of sugar each year.



That's like 30 teaspoons per day!



7 sneaky sugar sources

1. Chocolate milk: 30g per cup
2. Energy bars: 30 to 50g
3. Sports drinks: 55g
4. Nonfat fruit-flavored yogurt: 47g
5. Granola: 14g added sugar in 1/2 cup
6. Bottled fat-free salad dressings: 2 to 6g per 2 tbs.
7. Ketchup and BBQ sauce: 6g per oz.

Source: www.nydailynews.com

These
drinks
are the

#1

source of calories
in the American diet.

Top 5 Sugar Culprits



Soda
33%

CHOCOLATE

Candy
16%



Baked goods
13%



Fruit drinks
10%



Dairy desserts
33%



Other
19%

Source: American Heart Association

Source: www.facethefactsusa.org