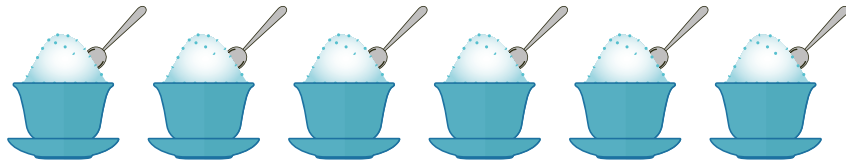


SIZING UP SUGARS & SWEETENERS

SUGAR

It's one of the most popular ingredients in the foods and drinks we consume, and it's found in most processed foods.

ON AVERAGE,
Americans consume **6 cups**
of sugar a week



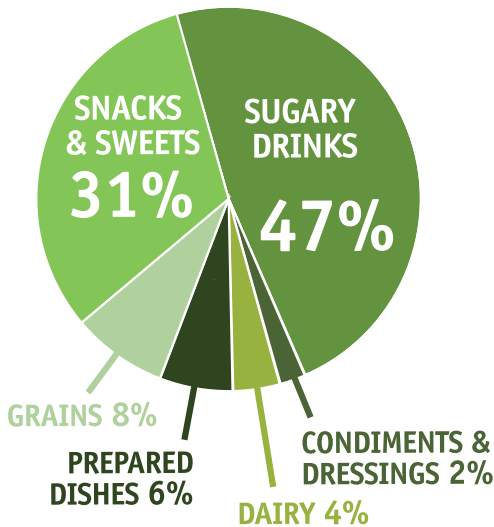
(equal to **42 teaspoons**
of sugar a day)

HOW MUCH SUGAR SHOULD YOU CONSUME?

LESS THAN 10% OF DAILY CALORIES should be from added sugars.

1 gr. ➤ 4 cal.
4 gr. ➤ 1 tsp.

WHERE ARE ADDED SUGARS HIDING?



1 can of soda
= up to **40 grams** of sugar
= up to **160 calories**

COMMON NAMES For ADDED SUGARS To Be Aware Of

Made from real **Agave Syrup**

Flavored with **Beet Sugar**

Contains **Cane Juice Crystals**

Includes **Cane Syrup**

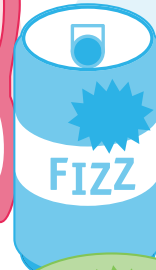


Made with **Dextrose**

Flavored from **Evaporated Cane Juice**

Includes **Galactose**

Contains **Glucose**

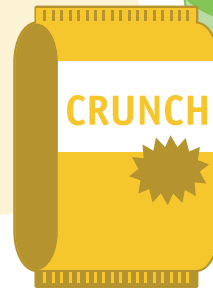


Contains **High Fructose Corn Syrup**

Flavored with **Honey**

Includes **Lactose**

Made with **Malt**



Contains **Maltose**

Made with **Sucrose**

Made from **Rice Syrup**

Includes **Treacle**



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit WMCHealthAPS.com/Heart