

HOW MUCH SUGAR ARE YOU CONSUMING?

Surveys completed by the USDA show that sugar consumption has increased almost annually since 1982. Sources include cane sugar, beet sugar, corn syrup, and corn sugar. The cause of this increase is greatly related to added sugars within a wide variety of popular soft drinks and processed junk foods.



Soda consumption has increased dramatically since earlier decades with major soft drink corporations raking in billions of dollars from sales. It's estimated that approximately 33% of added sugar intake is solely from soft drink consumption. Ads for different soda brands are commonly seen in magazines, on billboards, on TV, and in movies – but what these beverage corporations don't advertise is that soft drinks have been shown to increase the risk of obesity, which in turn increases the risk for heart disease, stroke, diabetes, cancer, and other diseases.¹ Studies conducted in 2012 concluded that eating too much sugar can also disrupt one's ability to think clearly due to impaired brain cell signaling.²

HOW MUCH SUGAR ARE YOU CONSUMING WITH THESE COMMON FOODS?



A candy bar with 24g of sugar is equal to **6 CUBES OF SUGAR**



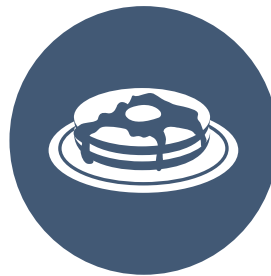
An 8.3oz can of an energy drink with 27g of sugar is equal to **7 CUBES OF SUGAR**



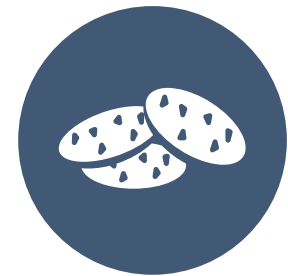
One pint of vanilla ice cream with 84g of sugar is equal to **21 CUBES OF SUGAR**



A liter of soda with 124g of sugar is equal to **31 CUBES OF SUGAR**



2 pancakes with 1/4 cup syrup is equal to **9 CUBES OF SUGAR**



A single cookie with 18g of sugar is equal to **4 1/2 CUBES OF SUGAR**

1. *Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis* <http://geti.in/17ErkaX>

2. *Sugar can make you dumb, scientists warn* <http://geti.in/1kp8V6C>