

# Sugar Shock



## How much sugar is too much?

The recommendation is **no more than 50 grams** of sugar in a day for a 2,000 calorie diet.



**KEY: 4 = 1 teaspoon**  
grams

## Why is sugar harmful?



Sugar causes a decrease in daily intake of healthy vitamins, minerals and proteins.



Consuming too much can cause tooth decay, obesity and certain diseases like diabetes.



## How much sugar is in your drink?

Below are grams of sugar for 12-ounce servings, except the last two — a 16-ounce blended coffee drink or a 20-ounce soda can pack up to 65 grams of sugar!



Water  
**0**  
grams



Milk  
18 grams



Sports drink  
21 grams



Juice  
28 grams



Sweet tea or coffee  
33 grams



16-oz blended coffee drink or  
20-oz soda

## Where is sugar hiding?

Some foods you wouldn't even think of have a surprising amount of sugar:



**Pasta sauces =**  
as much as 6 grams  
per half cup



**Granola bars =**  
as much as 9 grams  
in one bar



**Flavored yogurts =**  
as much as 24 grams  
in one single container



**Cereals =**  
as much as 30 grams  
per 1-cup serving

