

# 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?

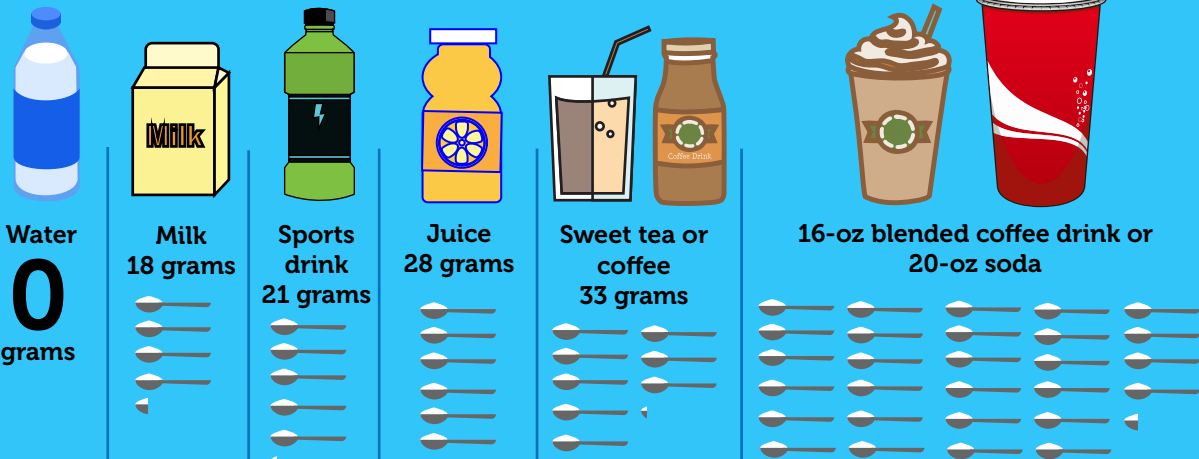
↓ Sugar causes a decrease in daily intake of healthy vitamins, minerals and proteins.

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



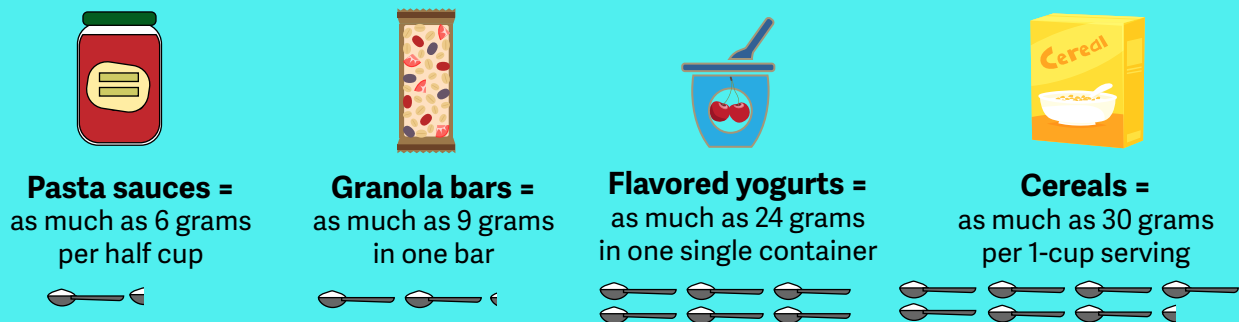
## How much sugar is in your drink?

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!



## Where is sugar hiding?

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



Learn more about nutrition at [missionhealthykids.org](http://missionhealthykids.org)

KOHL'S Cares

