

SUGAR HIGHS & LOWS

How Much Sugar Are You Eating?



22.2 TEASPOONS OF SUGAR ARE CONSUMED BY THE AVERAGE AMERICAN DAILY.

THAT'S 335 CALORIES WITH ZERO NUTRITIONAL VALUE.

Eating too much sugar has been linked to conditions that may increase your risks for diabetes and heart disease: obesity, high triglycerides, increased inflammation and high blood pressure.

That's why the American Heart Association (AHA) has set limits on our intake of added sugars

KNOW YOUR SUGAR LIMITS



6 TEASPOONS DAILY (100 CALORIES)



9 TEASPOONS DAILY (150 CALORIES)

NATURAL SUGAR SOURCES

FRESH & DRIED FRUIT
FRESH VEGETABLES
LOW-FAT DAIRY PRODUCTS
WHOLE GRAINS

CALCULATE CALORIES FOR SWEETENERS

NATURAL SWEETENERS	CALORIES PER GRAM (4g = about 1tsp)	COMPARISON TO SUGAR
TURBINADO (RAW) SUGAR	4	JUST AS SWEET
HONEY	2.9	1.5 TIMES SWEETER
AGAVE NECTAR	2.9	1.4 - 1.6 TIMES SWEETER
STEVIA	0	200 - 300 TIMES SWEETER
MONK FRUIT EXTRACT	0	200 TIMES SWEETER

ARTIFICIAL SWEETENERS	CALORIES PER GRAM (4g = about 1tsp)	COMPARISON TO SUGAR
SPLENDA®	0	600 TIMES SWEETER
EQUAL®	1	200 TIMES SWEETER
NUTRASWEET®	1	200 TIMES SWEETER
SUGAR TWIN®	1	200 TIMES SWEETER
SWEET 'N LOW®	1	200 - 700 TIMES SWEETER

Learn more at: clevelandclinic.org/healthhub