The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. Even one 20 oz. soda contains far more than that.

### Calories consumed daily from added sugars by the average American

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking:</td>
<td>1½ hours</td>
</tr>
<tr>
<td>Jogging:</td>
<td>¾ hour</td>
</tr>
<tr>
<td>Biking:</td>
<td>¾ hour</td>
</tr>
<tr>
<td>Basketball:</td>
<td>1 hour</td>
</tr>
</tbody>
</table>

Burning those calories would take:

**385** Calories consumed daily from added sugars by the average American

Sources:
Sources of Added Sugars

- Soda, energy drinks, sports drinks, fruit drinks, tea: 49.7%
- Grain-based desserts: 12.3%
- Dairy desserts: 6.5%
- Candy: 6.1%
- Sugar, syrups, toppings, honey: 5.4%
- Cold cereals: 3.8%
- Yeast breads: 2.1%
- All other foods: 13.5%

Consumption of Added Sugars (78 lbs./year; 2010)

- Sugar, cane & beet: 39 lbs
- HFCS: 25 lbs
- Corn: 9 lbs
- Honey: 1 lb

Sugar Drinks: Making Us Sick

- Obesity
- Heart Disease
- Diabetes
- Tooth Decay
- Metabolic Syndrome
  - Higher blood pressure, blood sugar, triglycerides
  - Lower "good" cholesterol
  - More belly fat

Sources: