Not so sweet truth about sugar
America’s Addiction

- In the 1800’s the average American consumed 18 lbs of sugar each year

- Today, the average American consumes 150 lbs of sugar each year

That’s a 733% increase!
America’s Addiction

• \( \frac{1}{2} \) of Americans drink at least 1 soda each day

1 soda each day = 55 lbs of sugar each year
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• Most people eat 100% of the daily sugar allowance during breakfast

Yes I said breakfast!!
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- American Heart Association recommends no more than
  - 6 tsp of added sugar daily for females
  - 9 tsp of added sugar daily for males

- The reality...
  - The average adult consumes 22 tsp of added sugar daily
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- Sugar stimulates the brain’s release of dopamine and serotonin, providing an euphoric effect similar to that of *illicit drugs*
Interesting facts about sugar

• Also called sucrose

• A carbohydrate

• Occurs naturally in fruits and vegetables
  ▫ Fructose

• Sugar cane and sugar beets are main sources for sugar you buy on the shelf
Focus on Fructose

- Found naturally in:
  - honey
  - vegetables and fruit

- High Fructose Corn Syrup
  - form of fructose added to processed foods such as carbonated beverages, baked good, and canned fruit
Focus on Fructose

- **Recommendations:**
  - For 2000 calorie diet, no more than 270 calories should come from added sugar, fat, and alcohol
  - Equals 20 oz bottle of soda
High Fructose Corn Syrup

- Made from corn
- Widely used in food and beverages
- Commonly found in prepackaged and processed foods
High Fructose Corn Syrup

- Your opinions?
  - What have you heard in the news? From your friends and family?
Hi

August 17, 2012

High Fructose Corn Syrup

• Main concern is with obesity
  ▫ Research shows that has same effect on the body as sugar (sucrose)
  ▫ Excess calories, regardless of source, can cause weight gain
Focus on Fruit and Vegetables

• A step towards better health is choosing fruits and vegetables over sugary beverages
  ▫ No added sugar
  ▫ Benefits of natural vitamins and minerals

• It is better to eat fruit than to drink it
Strategies to Limit Added Sugar

- Drink water, 100% fruit juice (with no added sugar), or milk instead of soda or fruit drinks

- Add fruit as a sweet substitute for sugar on cereal and syrup on pancakes and french toast

- Reduce the amount of sugar you add to coffee or tea
Things to remember

- Sugar can be found in most foods
- Regardless of the source, extra calories can cause weight gain
- Eat fruit rather than drink it
- Try to limit the amount of sugar you add
Contact Us

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