

a message from

nutrition
HEALTH
education



MONITOR your **SUGAR** INTAKE...

Sugar **FACTS:**

1 teaspoon of sugar = **16** calories

FDA recommended **MAXIMUM DAILY Intake***:

Women = 6tsp (100 calories)

Men = 9tsp (150 calories)

WHY??? monitor my sugar???

Too much sugar in your diet can increase your risk for being overweight or obese. It can also leave you at a high risk for **Type 2 Diabetes**, high blood pressure, and heart disease.

HOW MUCH SUGAR IS IN **ONE** SERVING OF:

SUGAR CEREAL
4tsp

DONUT
7tsp

CAN REGULAR SODA
10tsp

ORANGE JUICE
2.5tsp

CANDY BAR
8tsp

ICE CREAM
3tsp

steps to eating **LESS SUGAR**

1 Drink **FEWER** sugar-sweetened beverages

2 Consume **smaller portions** of your favorite sweet treats



3 Substitute water, unsweetened coffee and tea, and other beverages with few or no calories **instead of sugar** sweetened beverages like soda

4 Choose fresh fruits and low fat yogurt to curb your sweet tooth!



Call our TOLL FREE HOTLINE 877-865-4222

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