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Welcome to Two-Minute Tuesday.
I’m Amy Hertog. Our topic today is added sugar

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There is something lurking around you and hiding in unexpected places....can you guess what it is?

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It’s added sugar in your food. Many people are not aware of just how much added sugar there is in their foods and beverages, or even how much sugar a healthy person can consume on a daily basis.

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Sugar is like a mystical shape shifter with many forms and at least 61 different names

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Did you know that sugar is added to yogurt, pasta sauce, salad dressing, ketchup, cereals, breads, and even soup! A typical 6-ounce serving of vanilla yogurt has 6 teaspoons of sugar – nearly as much as a regular size Snickers bar.

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You may already know that a 20 ounce bottle of Cola contains over 16 teaspoons of sugar. But did you know that the recommended daily allowance for a man is 9 teaspoons (about 150 calories)? For a woman it is 6 teaspoons (about 100 calories) and for children, 4 teaspoons of sugar is the limit. That can of cola is twice the amount of sugar a grown man needs.

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American adults consume an average of 22 teaspoons or nearly ½ cup of sugar per day – about 3 times what’s recommended. American children consume up to 32 teaspoons or 2/3 cup of sugar per day! That’s about 500 calories. This is having serious consequences on our health.

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So how can you tell how much sugar is in the food you are eating? To calculate the amount of sugar in something, take the grams of sugar and divide by four to determine how many teaspoons of sugar are in each serving. For example, 13 grams divided by 4 equals 3 ¼ teaspoons of sugar per serving.

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The dangers of excessive sugar intake are many including weight gain and increased risk of developing type II diabetes. And with diabetes comes more health concerns including blindness, kidney disease, hypertension, stroke, and heart disease. It’s worth your while to read the labels and kick that sneaky added sugar out!

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Thanks for tuning in to Two-Minute Tuesday.
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