

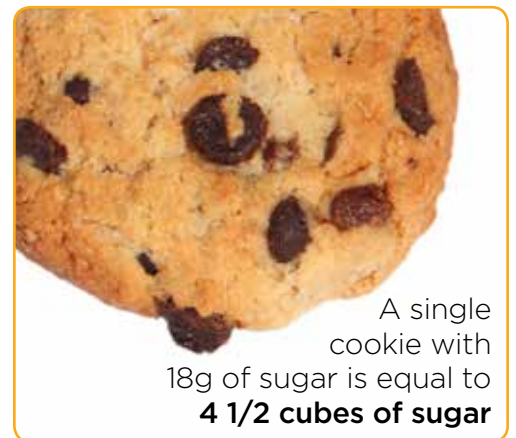
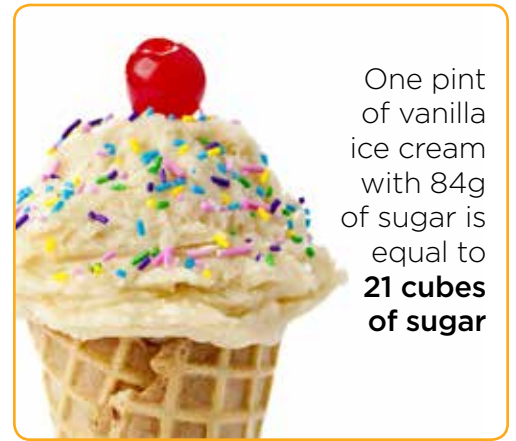
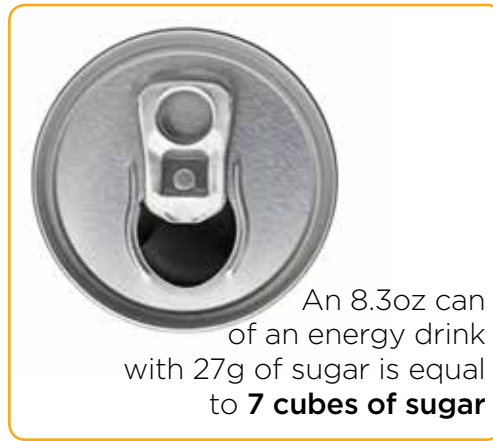
HOW MUCH SUGAR ARE YOU CONSUMING?

Surveys completed by the USDA show that sugar consumption has increased almost annually since 1982. Sources of this sugar commonly include cane sugar, beet sugar, corn syrup, and corn sugar. The cause of this increase is greatly related to added sugars within a wide variety of popular soft drinks and processed junk foods.

Soda consumption has increased dramatically since earlier decades with major soft drink corporations raking in billions of dollars from sales. It's estimated that approximately 33% of added sugar intake is solely from soft drink consumption. Ads for different soda brands are commonly seen in

magazines, on billboards, on TV, and in movies - but what these beverage corporations don't advertise is that sugared soft drinks have been shown to increase the risk of obesity, which in turn increases the risk for heart disease, stroke, diabetes, cancer, and other diseases.¹ Studies conducted in 2012 concluded that eating too much of sugar may also disrupt one's ability to think clearly due to impaired brain cell signaling.²

How much sugar are YOU consuming with these common foods?



1. *Sugary Drinks and Obesity Fact Sheet* <http://geti.in/18S1jZG>
2. *Sugar can make you dumb, scientists warn* <http://geti.in/11a4gx4>