Dangers of High Levels of Sugar Consumption

**HOW SUGAR AFFECTS THE BODY**

One 20-ounce bottle of soda contains 65 grams of sugar, or the equivalent of 16 sugar packets. Here’s what happens when excessive sugar enters the body:

- **BRAIN**
  You can thank your brain for that 3 p.m. chocolate craving. That’s because sugar stimulates dopamine, a feel-good chemical that triggers sugar cravings and can affect your mood.

- **HEART**
  Turns out a diet that’s high in sugar can be bad for the heart. Too much sugar in the bloodstream and high insulin levels increase the risk of heart disease over time.

- **LIVER**
  Excess sugar takes a toll on the liver, too. The quick sugar load causes a fast rise in blood sugar that can overwhelm the liver and lead to fatty liver and cirrhosis over time.

- **JOINTS**
  Got joint pain? Eating too much sugar can lead to inflammation, which can worsen joint pain and eventually lead to arthritis.

- **Reading Nutrition Labels** is an effective way to keep track of sugar intake.

- **Some effects of added sugar intake** includes higher blood pressure, weight gain, inflammation, diabetes, and fatty liver disease.

Rocky Mountain Tribal Leaders Council

https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar
Be mindful of food and drink choices

**American Heart Association Added-Sugar Recommendations**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Added-Sugar Recommendations</th>
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</thead>
<tbody>
<tr>
<td><strong>MEN</strong></td>
<td>NO MORE THAN 9 TEASPOONS (38 GRAMS)</td>
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<tr>
<td><strong>WOMEN</strong></td>
<td>NO MORE THAN 6 TEASPOONS (25 GRAMS)</td>
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<tr>
<td><strong>CHILDREN</strong></td>
<td>(AGES 2-18)</td>
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<tr>
<td></td>
<td>LESS THAN 6 TEASPOONS (25 GRAMS)</td>
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</table>

- The American Heart Association suggests that women consume no more than 100 calories (about 6 teaspoons or 24 grams) and men no more than 150 calories (about 9 teaspoons or 36 grams) of added sugar per day. **That is close to the amount in a 12-ounce can of soda.**

- Too much added sugar can impact your heart health and increase risk for cardiovascular disease.

https://healthmatters.nyp.org/how-much-sugar-is-too-much/
https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar#:%3C%22The%20effects%20of%20added%20sugar%2C%22%20says%20Dr.%20H