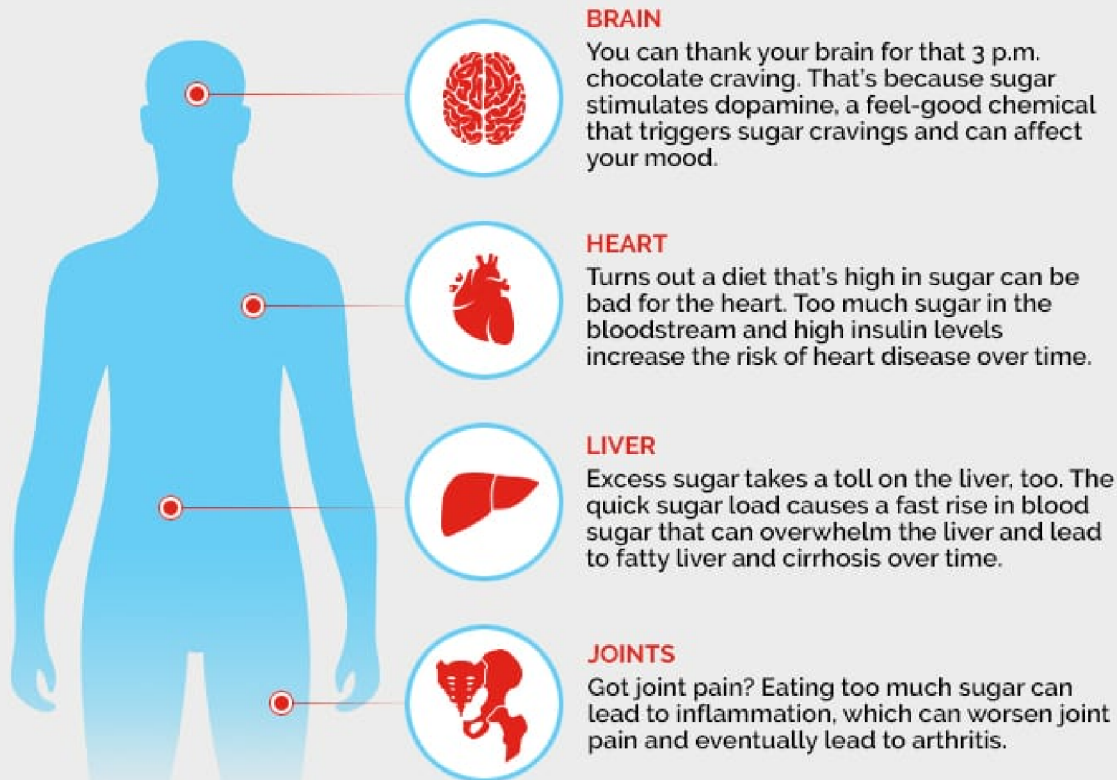


# Dangers of High Levels of Sugar Consumption

## 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:



- **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



# Be mindful of food and drink choices



**NO ADDED SUGAR**

## AMERICAN HEART ASSOCIATION ADDED-SUGAR RECOMMENDATIONS

**MEN**

**NO MORE THAN  
9 TEASPOONS (38 GRAMS)**



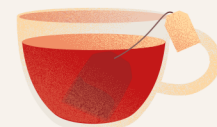
**WOMEN**

**NO MORE THAN  
6 TEASPOONS (25 GRAMS)**



**CHILDREN (AGES 2-18)**

**LESS THAN  
6 TEASPOONS (25 GRAMS)**



- 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.

