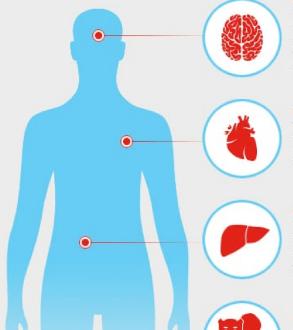
Dangers of High Levels of Sugar Consumption

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.



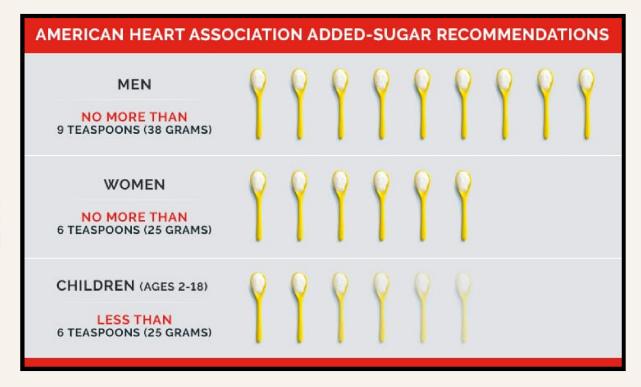
Rocky Mountain Tribal Leaders Council



Be mindful of food and drink choices









- 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.