

The Ugly Truth

These fan favorites have something to hide!



17 g sugar
(per 16 fluid oz)



39 g sugar
(per can of soda)



500-900 g sodium
(depending on type, per ½ cup)



640 mg sodium
(per slice, cheese)

Sugar “Hands-On”

Your Product name: _____

Grams of Sugar = _____

Teaspoons of Sugar (grams divided by 4) = _____

What is an alternative to this product?

Sodium “Hands-On”

Your Product name: _____

Mg of Sodium = _____

What is an alternative to this product?

The “Ins & Outs” of Sugar and Salt

Sugar and salt – two of the things we crave the most, yet can be the most detrimental to our health. Being informed is the best way to monitor your day to day intake without constantly stressing over your diet.





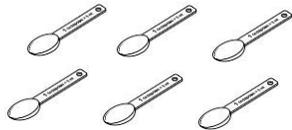
How much is too much?

The Tolerable Upper Intake Level (UL) for sodium as stated by the Dietary Reference Intakes is 2300 milligrams. For the average adult, no more than 25 g of sugar is the daily recommendation.

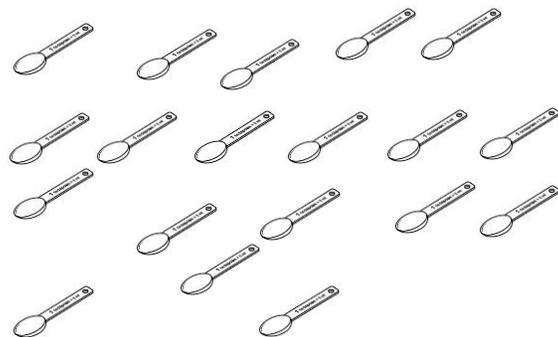
What does 25 g of sugar actually look like?

Generally speaking, one teaspoon (tsp) is equal to about 4 grams.

RDA for Sugar:



U.S. Average Daily Intake:



Where is it hiding?

Numerous studies show that calorie and added sugar intake from beverages has more than doubled since the 1960s, and that we aren't balancing this intake by skipping other high sugar products throughout the day.

RETHINK YOUR DRINK!

The Academy for Nutrition and Dietetics highlights four main tips for cutting the added sugar from your drinks:

- Drink plenty of fresh water throughout the day. Try to drink a cup of water (8 oz) for every ten pounds that you weigh. You won't be thirsty, and the lattes will be less tempting!
- Drink low fat or skim milk.
- Limit fruit juice intake to 4 to 6 ounces per day.
- Drink soft drinks, energy and sports drinks sparingly and with care.

Not all sugar is created equal!

You may have heard someone say they can't eat fruit because they are on a low carbohydrate or low sugar diet. Fruit does contain natural sugars, but don't think of these as "bad"! Limiting your intake of fresh produce does not contribute to limiting your intake of ADDED sugars. *Plus, your brain and red blood cells need carbohydrates to function properly! Go ahead and eat that apple!*



The most notorious source of excess sodium is processed foods. Prepackaged foods are often jam packed with sodium to keep you coming back for more. In fact, as much as 75% of the sodium in people's diets comes from salt added to foods by manufacturers! Check the label for milligrams per serving, and pay special attention to how many servings are in each package as well as the Percent Daily Value (%).

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Sodium can have detrimental effects on your long term health by contributing to chronic illnesses like high blood pressure. Elevated blood pressure in response to a high-salt diet is strongly correlated with heart disease.