

AoW 1.19.10

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Sugar Overload: Curbing America's Sweet Tooth

Source: Bonnie Liebman /*Nutrition Action*/ January/February 2010

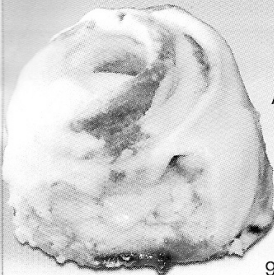
Here are some excerpts from an article about the amount of sugar Americans consume:

- Between 1970 and 2005, our intake of added sugars—cane and beet sugar, high-fructose corn syrup, dextrose, and other sweeteners—jumped 20 percent. We now consume 22 to 30 teaspoons daily. That's 350-475 empty calories that most people can't afford.
- A growing body of research suggests that added sugars or sugar-sweetened beverages boost the risk of disease. Sugars contribute to obesity, which in turn increases the risk of cardiovascular disease and type 2 diabetes.
- A new report from the heart association urges Americans to slash their sugar intakes. The new targets: only 100 calories a day of added sugars for women and 150 calories for men. That's not much. More on this later.

Ten reasons to cut back on sugars:

1. **You can't afford the empty calories.** Most people cannot afford a 600-calorie venti Whit Chocolate Mocha from Starbucks. "Added sugars either crowd out healthy foods, or they make you fat if you eat them in addition to healthy foods," says a Harvard professor of cardiovascular disease prevention.
2. **Sugar-sweetened beverages promote obesity.** We're 20% more added sugars than we did in the 1970s. Why? Soft drinks, soft drinks, soft drinks—the number one source of sugars in American diets.
3. **Sugar-sweetened drinks may raise the risk of heart disease.** In one study, people who drank at least one soda a day had a 44% higher chance of developing problems with their metabolism.
4. **Fructose raises triglycerides.** Numerous studies show that people who consume a lot of fructose have much higher levels of triglycerides. Higher triglycerides in the blood significantly raises the chances of heart attacks.
5. **Sugar-sweetened beverages may promote diabetes.** One study found that women who drank one soda a day were at a 83% higher chance of contracting diabetes.
6. **Fructose may boost visceral fat.** Visceral fat is fat found deep in the abdominal area, thus increasing the chances of heart disease and diabetes.
7. **Fructose may raise the risk of gout.** Gout (excess acid that ends up in your joints) hurts. Fructose increases uric acid; uric acid causes gout.
8. **Fructose may promote over-eating.** There is evidence that high levels of fructose in your system may interfere with your brain's ability to tell your body when you are full. The result? You keep eating.
9. **Minimalizing added sugars helps you control your blood pressure.** There is a possibility that sugar raises blood pressure. It is clear that any diet designed to lower blood pressure should steer clear of added sugars.
10. **Most sugary foods are junk.** Coke. Donuts. Cinnabon. Butterfingers. All these foods are high in sugars and low in nutrients.

The heart association recommends that women should only add 6.5 teaspoons of sugar a day and that men only add 9.5 teaspoons. That's not much. See the chart on the back side of this paper to gauge how teaspoons of sugar you eat in a day.



Tout de Sweet

A typical woman should get no more than 100 calories (about 6½ teaspoons) a day from added sugars, says the American Heart Association. A typical man should get no more than 150 calories (about 9½ teaspoons)—roughly what's in a 12 oz. can of Coke.

Here's how much added sugars you'd get in a sampling of popular foods. (The numbers don't include the naturally occurring sugars in fruit or milk.) To convert teaspoons to grams of sugar, multiply by 4. To convert teaspoons to calories from sugar, multiply by 16.

Food	Added Sugars (teaspoons)
Dairy	
Ice cream, vanilla (½ cup)	3
Chocolate milk, reduced fat 2% (8 fl. oz.)	3½
Yogurt, low-fat vanilla (6 oz.)	3½
Yogurt, low-fat fruit (6 oz.)	4½
Silk Chocolate Soy milk (8 fl. oz.)	5
TCBY Old Fashioned Vanilla Frozen Yogurt (regular cup, 8.7 oz.)	6*
Baskin-Robbins Vanilla Ice Cream Cone (double scoop, 8.4 oz.)	11½*
Chocolate shake, fast food (16 fl. oz.)	13
Dairy Queen Heath Blizzard (medium, 14.5 oz.)	26*
Baskin-Robbins Oreo Outrageous Sundae (12.6 oz.)	27*
Coldstone Creamery Founders Favorite (Gotta Have It, 14.6 oz.)	30½*
Beverages	
Propel Lemon (24 fl. oz.)	1½
Starbucks Caffè Mocha (grande, 16 fl. oz.)	3*
Starbucks Caramel Macchiato (grande, 16 fl. oz.)	4*
Starbucks Vanilla Latte (grande, 16 fl. oz.)	4*
Hawaiian Punch Fruit Juicy Red (8 fl. oz.)	4½*
SunnyD Tangy Original (8 fl. oz.)	4½*
Starbucks Cinnamon Dolce Latte (grande, 16 fl. oz.)	5*
Starbucks Tazo Shaken Iced Tea, any flavor (grande, 16 fl. oz.)	5
Gatorade Lemon-Lime (20 fl. oz.)	8½
Glacéau Vitamin Water Revive (20 fl. oz.)	8½
Starbucks Tazo Passion Shaken Iced Tea Lemonade (grande, 16 fl. oz.)	8½
Coca-Cola (12 fl. oz. can)	10
Snapple Lemon Tea (16 fl. oz.)	10½
Nestea Iced Tea Sweetened Lemon (16.9 fl. oz.)	12
Schweppes Tonic Water (20 fl. oz.)	14
SoBe Green Tea (20 fl. oz.)	15½
Sprite (20 fl. oz.)	16
Arizona Southern Style Sweet Tea (23 fl. oz.)	16½
Coca-Cola (20 fl. oz.)	16½
Minute Maid Lemonade (20 fl. oz.)	17
Pepsi (20 fl. oz.)	17½
Sunkist Orange Soda (20 fl. oz.)	21

Photo: Jennifer Libman.

Candy, Chocolate, etc.

Added Sugars

(teaspoons)

Werther's Original Hard Candies (3 pieces, 0.6 oz.)	2½
Lindt Excellence 70% Cocoa Dark Chocolate (4 squares, 1.4 oz.)	3
Dove Dark Chocolate Promises (5 pieces, 1.4 oz.)	5
Hershey's Milk Chocolate Bar (1.6 oz.)	5½*
York Peppermint Patties (1 patty, 1.4 oz.)	6½
Jelly Belly Jelly Beans (35 pieces, 1.4 oz.)	7
M&M's Milk Chocolate (56 pieces, 1.7 oz.)	8
Maple syrup (¼ cup, 2.9 oz.)	12
Sweets (1 item, unless otherwise noted)	
Pepperidge Farm Milano, original (3 cookies, 1.2 oz.)	3
Entenmann's Crumb Coffee Cake (⅓ cake, 2 oz.)	3½
Mrs. Fields semi-sweet Chocolate Chip Cookie (1.2 oz.)	3½
Nabisco Oreo (3 cookies, 1.2 oz.)	3½
Pepperidge Farm Double Chocolate Milano (3 cookies, 1.4 oz.)	4
Entenmann's Rich Frosted Donut (2.1 oz.)	4½
Jell-O Strawberry (1 snack cup, 3.5 oz.)	4½
Sara Lee All Butter Pound Cake (1 slice, 2.7 oz.)	5
Entenmann's Glazed Buttermilk Donut (2.1 oz.)	5½
Krispy Kreme Chocolate Iced Kreme Filled Doughnut (3.1 oz.)	6
Entenmann's Chocolate Fudge Cake (⅓ cake, 2.3 oz.)	7
Krispy Kreme Glazed Chocolate Doughnut (2.8 oz.)	7
Starbucks Chocolate Chunk Cookie (3 oz.)	8
Starbucks Marble Loaf (1 slice, 3.8 oz.)	8
Panera Chocolate Chipper Cookie (3.3 oz.)	8½
Panera Chocolate Fudge Brownie (3.5 oz.)	8½
Starbucks Classic Coffee Cake (4 oz.)	8½
Hostess Twinkies (2 cakes, 3 oz.)	9
Starbucks Pumpkin Scone (4.2 oz.)	11
Entenmann's Super Cinnamon Buns (6 oz.)	11½
Hostess Sno Balls (2 cakes, 3.5 oz.)	11½
Panera Pecan Roll (5.5 oz.)	12
Panera Pumpkin Muffin (6 oz.)	12
Cinnabon Classic Cinnamon Roll (7.8 oz.)	14
Denny's Hershey's Chocolate Cake (1 slice, 5 oz.)	14
Dunkin' Donuts Coffee Cake Muffin (5.8 oz.)	14½
Uno Chicago Grill Chocolate Chocolate Malt Layer Cake (1 slice, 9.5 oz.)	25
Cereals & Cereal Bars	
Kashi TLC Trail Mix Chewy Granola Bar (1 bar, 1.2 oz.)	1½
General Mills Cinnamon Toast Crunch (¾ cup, 1.1 oz.)	2½
General Mills Honey Nut Cheerios (¾ cup, 1 oz.)	2½
Kellogg's Bite Size Frosted Mini-Wheats (24 biscuits, 2.1 oz.)	3
Kashi GoLean Crunch! Original (1 cup, 1.9 oz.)	3½
Kellogg's Cracklin' Oat Bran (¾ cup, 1.8 oz.)	4
Kashi GoLean Cookies 'N Cream Chewy Bar (1 bar, 2.8 oz.)	9
Miscellaneous	
Bush's Homestyle Baked Beans (½ cup, 4.5 oz.)	3
Cracker Jack (½ cup, 1 oz.)	4
Häagen-Dazs Chocolate Sorbet (½ cup, 3.7 oz.)	5

* CSPI estimate. Note: Added sugars are rounded to the nearest half teaspoon.

Sources: Company information and U.S. Department of Agriculture Nutrient Database. Chart compiled by Amy Ramsay.