Sugar & Type II Diabetes

HOW MUCH ADDED SUGARS* ARE WE CONSUMING?1

US adults consume 18 tsp per day = 40% too much
US children consume 19 tsp per day = 70% too much

Children and adults are eating and drinking added sugars at well over the daily recommended amount.2 The result is increased risk for serious health problems, like diabetes.

*Added sugars are sugars and syrups added to foods during preparation or processing, or at the table, and include cane and beet sugar, high fructose corn sweetener, glucose, dextrose, honey, and edible syrups.

Almost 2 out of 3 youth consume sugary drinks every day

241 calories/day3

1 out of 2 adults consume sugary drinks every day

283 calories/day3

Too much added sugars increases your risk of type II diabetes

Drinking sugary drinks regularly = risk of type II diabetes4

26% the accumulation of fat in the liver5

The accumulation of fat in the liver and elsewhere in the body directly contributes to insulin resistance and type II diabetes.

Quick Facts About Type II Diabetes

• Diabetes is a chronic condition that prevents the body from properly using the hormone insulin that regulates blood sugar.6

• Diabetes can lead to kidney failure, blindness, heart attack, stroke, and nerve and blood vessel damage in the feet which can lead to foot infections and lower limb amputation.6

• 45.6 million Americans have diagnosed or undiagnosed diabetes. Black and Hispanic adults are twice as likely to have diabetes as white counterparts (21% versus 11%).7

• By 2050, 1 in every 3 adults could have diabetes in the US.8 The medical costs associated with diabetes were $245 billion in 2012.9

Learn more about what to do about added sugars and sugary drinks here:

Healthy Food America

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HEALTHY FOOD AMERICA | FACT SHEET
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REFERENCES


