Sugar & Obesity

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 obesity.

*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

Quick Facts About Obesity

- Overweight and obesity increases the risk for many chronic disease, including diabetes, heart disease, and cancer.6
- Rates of obesity are above 20% in all states and exceed 35% in four states.7
- In 2011–2014, approximately 1 out of 3 adults and 1 out of 6 youth were obese. The prevalence of obesity was lowest among Asian adults (12%), followed by white (35%), Hispanic (43%), and black (48%) adults.8
- Obesity healthcare costs are estimated to be as high as $209.7 billion per year.9

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

Healthy Food America

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REFERENCES


