Too much added sugars increases your risk of CVD

- **12-30 tsp per day** = **30%** risk of dying from CVD
- Drinking sugary drinks regularly = **17%** risk of coronary heart disease
- = **19%** risk of heart attack
- = **12%** risk of high blood pressure
- = **20%** risk of bad cholesterol (in just two weeks)

Quick Facts About Cardiovascular Disease

- 1 in every 3 deaths in the US was due to CVD in 2013. CVD includes several conditions, coronary heart disease, heart attack, high blood pressure, and stroke.
- 85.6 million Americans live with CVD. Black (46% men; 48% women) adults are more likely to have CVD than white (36% men; 32% women).
- By 2030, almost half the US population (43.9%) is projected to have some form of CVD. Direct and indirect costs of CVD totaled $317 billion in 2012.
REFERENCES


