

# Do You Know How Much Sugar You're Eating?

The average person eats almost 175 pounds of sugar a year—that's about **half a pound of sugar a day!** The single biggest source is sugary drinks. It's no wonder that two out of three Americans are overweight or obese—extra calories from all this sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

**Challenge yourself to make a difference in your health. Instead of soda, commit to drinking:**

- Water (every day—all you want)
- Non-fat or low-fat milk
- 100% fruit juice (limit juice to 1/2 cup)
- Unsweetened iced tea
- Diet soda (once in awhile)

