

## Sweet as Sugar, but not for Health

The World Health Organization recommends people all over the world can reduce their risk of obesity by limiting intake of "added sugar" to less than 10 percent of their total calories. How do you calculate added sugars? You can find added sugars in everything from soups to sauces and the consumption in this country continues to rise.

In 1980, the average American consumed about 123 pounds (more than twenty-four 5 lb. bags) of added sugars per year. By 1999, that amount rose to 158 pounds per person (more than thirty-one 5 lb. bags). Sugar, consumed in moderate amounts, does have its place in a healthful diet. The problem is, sugar can add "empty" calories and displace other, more nutritious foods.

Keep your intake of added sugars low by looking for the following on food labels: Sugar, whether brown, white, raw or cane, Corn syrup or High Fructose corn syrup, Molasses or Honey and Fruit Juice concentrate.