

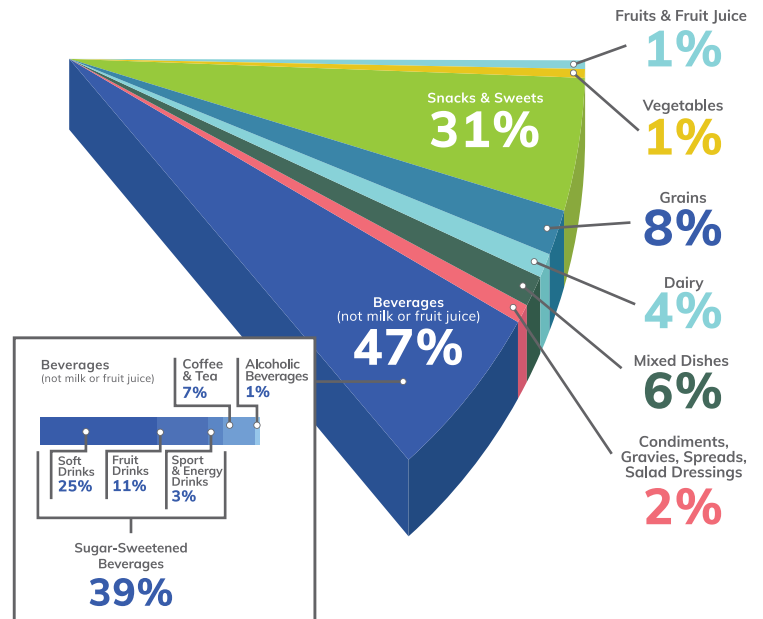
FACTS ABOUT SUGAR INTAKE

In the past **15 years**, added sugars intake in the United States has decreased by nearly **25%**, from 21 teaspoon equivalents per day to 16.1 teaspoon equivalents per day.¹

Calorically sweetened beverages such as soft drinks, tea and fruit drinks are the main source of added sugars in the diet across all age groups (older than 2 years), making up almost half of added sugars calories.² While these beverages continue to be the largest contributor to added sugars intakes, there has recently been a significant decline in calorically sweetened beverage consumption since 1999.³

In 2016, added sugars was reported to be about 12.6% of total calories, just slightly above the 2015-2020 Dietary Guidelines for Americans recommendation of 10% of calories from added sugars per day.^{1,2,4}

SUGAR AND THE DIET SOURCES OF ADDED SUGARS⁴



PERCENT OF CALORIES FROM ADDED SUGARS^{1,2,5}

YEAR	% OF CALORIES FROM ADDED SUGARS
1999-2000	18.1
2001-2002	17.1
2003-2004	15.9
2005-2006	14.5
2007-2008	14.6
2009-2010	13.9
2011-2012	14.1
2013-2014	13.4
2015-2016	12.6

Added sugars are found in a variety of foods and beverages for different reasons, many times for functions beyond sweetness.

BREAKING DOWN THE NUMBERS

SUGAR SERVING SIZE

2 teaspoons in a serving	30 calories in a serving	8 grams in a serving
15 calories in a teaspoon	4 grams in a teaspoon	4 calories per gram

INTAKE RECOMMENDATIONS

According to the 2015-2020 Dietary Guidelines for Americans,⁴ a healthy diet includes up to 10% of calories from added sugars, allowing room for sugars in nutritious foods and occasional sweets and treats. In a 2000 calorie diet this equates to 200 calories, 50 grams, or 12.5 teaspoons

A LITTLE HISTORY...

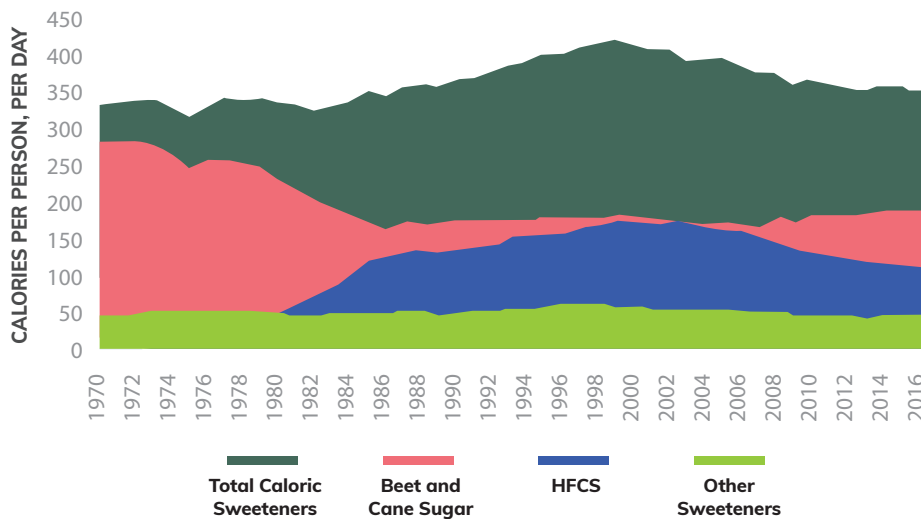
In the 1990s, added sugars consumption increased sharply as soda consumption increased and manufacturers raced to reformulate and develop new products during the “low-fat era.” Removing fat from a product requires replacing it with something. The same is true of removing sugar. Data has shown the seesaw effect of restricting individual nutrients only leads to caloric over compensation with another, whether sugar for fat or vice-versa.^{6,7}

HOWEVER – since 1999 added sugars consumption has been on a significant decline in the United States.^{1,2,5}

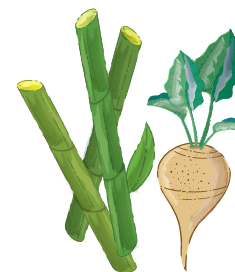
As long as dietary data have been collected, added sugars intake has never been below 10%.⁸



CONSUMPTION OF CALORIC SWEETENERS IN THE UNITED STATES, 1970-2016⁷



Intake data for total added sugars is a combination of the intakes of all caloric sweeteners including sugar, high-fructose corn syrup, honey, maple syrup and others.



Sugar from sugar beets and sugar cane along with high-fructose corn syrup are the biggest contributors to total added sugars.

WHERE DO THESE NUMBERS COME FROM?

What We Eat in America (WWEIA) captures U.S. dietary intakes as a part of National Health and Nutrition Examination Survey (NHANES). This survey is conducted every two years in partnership with the United States Department of Agriculture (USDA) and Health and Human Services (HHS) to assess the health and nutritional status of Americans.

Loss-Adjusted Food Availability is another proxy for estimating intake. This number is calculated using food and nutrient availability for consumption and considers estimated loss or waste. The downward trend in availability mirrors the NHANES consumption estimates.

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2. U.S. Department of Agriculture Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group, Food Patterns Equivalents Databases and Datasets. Available at: <http://www.ars.usda.gov/Services/docs.htm?docid=23869>. Updated September 20, 2018. Accessed October 10, 2018.
3. Beverage Digest Fact Book, 23rd Edition. Zenith International; May 2018.
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5. Welsh JA, Sharma AJ, Grellinger L, Vos MB. Consumption of added sugars is decreasing in the United States. *Am J Clin Nutr*. 2011;94(3):726–734.
6. Sadler MJ, McNulty H, Gibson S. Sugar-fat seesaw: a systematic review of the evidence. *Crit Rev Food Sci Nutr*. 2014;55(3):338–356.
7. U.S. Department of Agriculture Economic Research Service. Food Availability (Per Capita) Data System: loss-adjusted food availability documentation. Available at: <https://www.ers.usda.gov/data-products/food-availability-per-capita-data-system/loss-adjusted-food-availability-documentation/>. Updated October 29, 2018. Accessed February 18, 2019.
8. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Nutrient Content of the U.S. Food Supply, 1909–2010. Available at: <https://www.cnpp.usda.gov/USFoodSupply-1909-2010>. Accessed April 10, 2018.