Differentiating the Health Effects of Beverages

* The United States Agriculture Department (USDA) advises people who eat a 2,000 calorie diet to limit themselves to 10tsp ( or 40 grams) of added sugar a day.
* What are some health problems associated with diets high in sugar?
  + Type II Diabetes
  + Obesity
  + Dental Caries
* The Dietary Guidelines for Americans 2010 recommends limiting “added sugars”. Added sugars are sugars that are not found naturally in a product. Sugars are found naturally in fruits (fructose) and fluid milk and milk products (lactose). Many foods with added sugars provide calories, but no essential nutrients or fiber, which we call “empty calories”.
* The major sources of added sugars in the diets of Americans are:

• Sodas, energy drinks and sports drinks (36% of added sugar intake)

• Grain-based desserts (13% of added sugar intake)

• Sugar-sweetened fruit drinks (10% of added sugar intake)

• Dairy-based desserts (6% of added sugar intake)

• Candy (6% of added sugar intake)

* So, it’s easy to see that sodas, energy drinks and sports drinks are where we get the most of the added sugar.