

HEY, SUGAR! YOU'RE SWEET ... BUT I'M FED UP WITH YOU!

GET FED UP WITH



SUGAR



EVERYTHING WE'VE BEEN TOLD ABOUT FOOD FOR THE PAST 30 YEARS IS DEAD WRONG. LEARN THE ALARMING TRUTH ABOUT SUGAR.

DO THESE THINGS TO CUT BACK ON SUGAR FOR GOOD HEALTH.

1



SEE THE FED UP DOCUMENTARY

the film the food industry doesn't want you to see.

Wed., April 15, 4-6pm, HUB 269:
FED UP Part 1 and Discussion

Mon., May 11, 4-6pm, HUB 265:
FED UP Part 2 and Letter Writing Campaign



Scan QR code
to view trailer

2



CUT BACK ON SUGAR

it's everywhere, so get the facts and cut back

- Increase water intake; decrease soda intake
- Check ingredients on labels
- Opt for reduced sugar, whole foods diet

3



TRY SUGAR
- FREE SUNDAY

go sugar-free each
Sunday or any day(s)



MAXIMUM SUGAR WE
SHOULD CONSUME IN
A DAY: 6 TEASPOONS



VS.

WHAT THE AVERAGE
AMERICAN ACTUALLY
CONSUMES: 22
TEASPOONS A DAY



*ACCORDING TO THE AMERICAN HEART ASSOCIATION

THE TRUTH ABOUT SUGAR

NO SUGAR-COATING THE FACTS. SUGAR IS DANGEROUS.

FRIEND OR FOE?

Sugar is friendly to taste buds, but deadly to the body. Overconsumption of it has been linked to increased risk of:

- **Obesity**
- **Cancer**
- **Diabetes**
- High Blood Pressure
- Hypoglycemia
- Depression
- Acne
- Headaches
- Hardening of the Arteries
- Violent Behavior
- Fatigue
- Hyperactivity
- Aching Extremities
- Tooth Decay

We need to realize that our bodies are not adapted to the amount of sugar that we are pouring into them and it's making us sick. ~ Daniel Lieberman



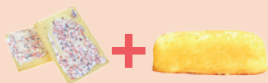
FAST FACTS:



ONE CAN OF COKE (12 OUNCES)
= **10 TEASPOONS**
OF SUGAR



WHICH IS MORE THAN **TWO FROSTED POP TARTS** AND A **TWINKIE** COMBINED!



1 SODA A DAY
= **55 POUNDS**
OF SUGAR A YEAR



SUGAR IS AS ADDICTIVE AS COCAINE.

THE AVERAGE AMERICAN CONSUMES **150 POUNDS** OF DIETARY SUGAR A YEAR



COMPARED TO **25 POUNDS** OF



GREEN VEGGIES A YEAR. EAT MORE VEGGIES!

MOST PEOPLE EAT 100% OF THEIR DAILY SUGAR ALLOWANCE DURING BREAKFAST!

100%

HOW IT ADDS UP

(AVERAGE AMERICAN SUGAR CONSUMPTION)

33%

SOFT DRINKS

16%

CANDY AND OTHER OBVIOUS SWEETS

13%

BAKED GOODS LIKE COOKIES AND CAKES

10%

FRUIT DRINKS

9%

SWEETENED YOGURT, ICE CREAM AND MILK

SUGAR IS SNEAKY – DON'T BE FOOLED!

- Low fat and low calorie food items often use sugar to enhance flavor.
- Sugar is in the most unexpected places, like beverages, fruit juices, potato chips, ketchup, TV dinners, soup, crackers, processed foods, hamburgers, hot dogs, buns, peanut butter, French fries, pasta sauce, salad dressings, mayonnaise, sweetened yogurt, milk, and more!

SUGAR ALIAS':

Cane juice, cane syrup, high-fructose corn syrup, fruit juice concentrate, honey, molasses, malt syrup, corn sweetener, syrup, and sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, and sucrose)