

## Wait, What??

### How Much Sugar is in that Drink? This May Surprise You ...

Unless you live in a cave far away from civilization, you already know about the obesity epidemic in America today. One out of every three children are overweight or obese. In the past 25 years obesity has quadrupled among six to eleven year old children and doubled in kids twelve to nineteen years old. This increase in childhood obesity is causing an alarming amount of diseases we usually only see in adults. These diseases include: type 2 diabetes, heart disease, high cholesterol and triglycerides, fatty liver, sleep apnea, and joint issues.

Researchers state that a big proportion of our obesity issues are due to the increase in consumption of sweet beverages. In fact, the rise in the past 30 years of childhood obesity exactly correlates with the increased consumption of sugar-sweetened beverages.

#### **How much sugar should we have in our diet (both in food and drinks)?**

According to the AHA, American Heart Association:

Adult women: less than 6 teaspoons per day

Adult men: less than 9 teaspoons per day

Most nutritional sources recommend the following for our kids:

Preschoolers: less than 4 teaspoons per day

4-8 year olds: less than 3 teaspoons per day

Preteens and teens: less than 5-8 teaspoons per day

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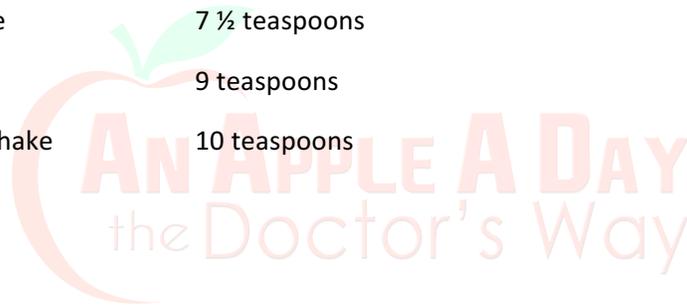
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**Now let's have some fun.**

How much sugar is in that 12 ounce drink you just bought your child?

Gatorade	5 teaspoons
Lemonade	6 ½ teaspoons
100% Orange Juice	7 1/2 teaspoons
Naked Brand Berry Juice	7 ½ teaspoons
100% Apple Juice	9 teaspoons
McDonalds Chocolate Shake	10 teaspoons



Coca Cola	10 ¼ teaspoons
Fruit Punch	11 ½ teaspoons
Root Beer	11 ½ teaspoons
Grape Juice	12 teaspoons
Starbucks Mocha Frappuccino	61 grams
Dairy Queen Oreo Cookie Blizzard	82 grams

So what's my advice???

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Never, ever, ever buy juice or soda for your kids. Even if something says 100% juice there is no fiber, very little nutritional benefits, and your child's blood sugar will sky rocket. Stick with fresh fruit. If you want a treat, have some frozen yogurt, a homemade fruit smoothie (see this week's recipe), a small serving of ice cream or a milkshake. Treats are fine once in a while but not daily!



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