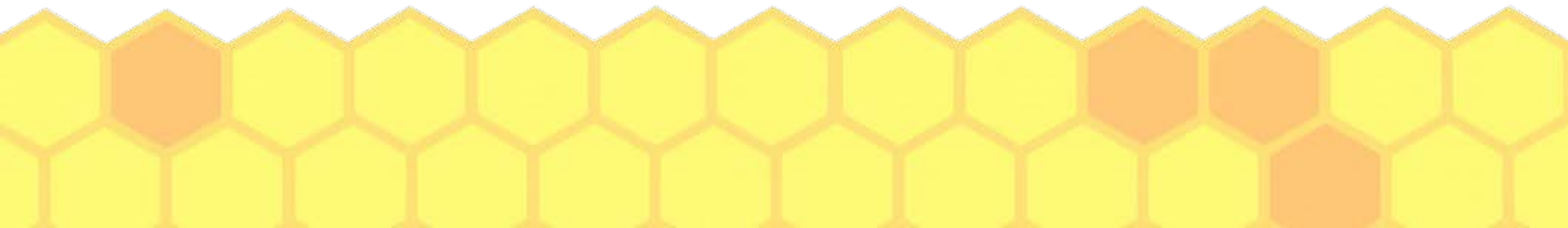


HOW MUCH SUGAR ARE YOU EATING OR DRINKING?



EFFECTS OF EXCESSIVE SUGAR CONSUMPTION

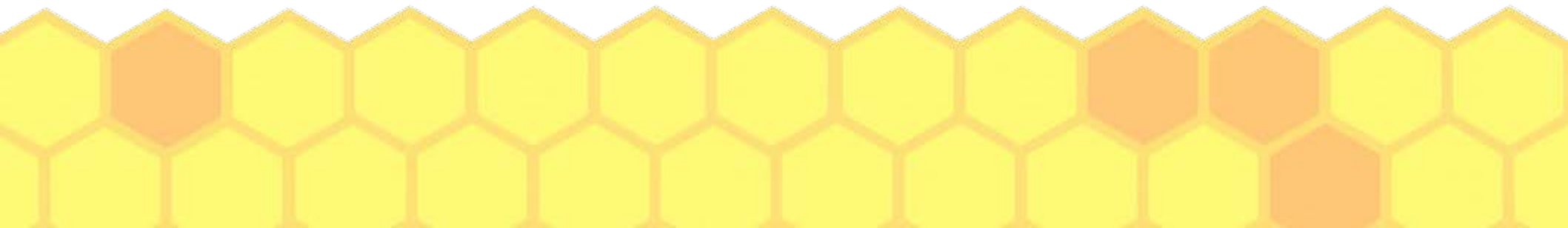
- .Sugar causes glucose levels to spike and plummet.
- .Sugar increases the risk of obesity, diabetes, and heart disease.
- .Sugar accelerates aging.
- .Sugar causes tooth decay → CAVITIES
- .Sugar can cause gum disease, which can lead to heart disease.
- .Sugar affects cognition in children.
- .Sugar increases stress.
- .Sugar takes the place of important nutrients.



RECOMENDED DAILY INTAKE OF SUGAR

.FOR ADULTS: < 24 GRAMS OF SUGAR PER
DAY → 6 SUGAR CUBES (s.c.)

.FOR CHILDREN: < **16 GRAMS OF SUGAR PER
DAY** → 4 SUGAR CUBES (s.c.)



8 Maria cookies (12 g)



?



8 Maria cookies (12 g)



12 grams of sugar

3 sugar cubes

4 Chips Ahoy! Cookies (92 g)



?

4 Chips Ahoy! Cookies (92 g)



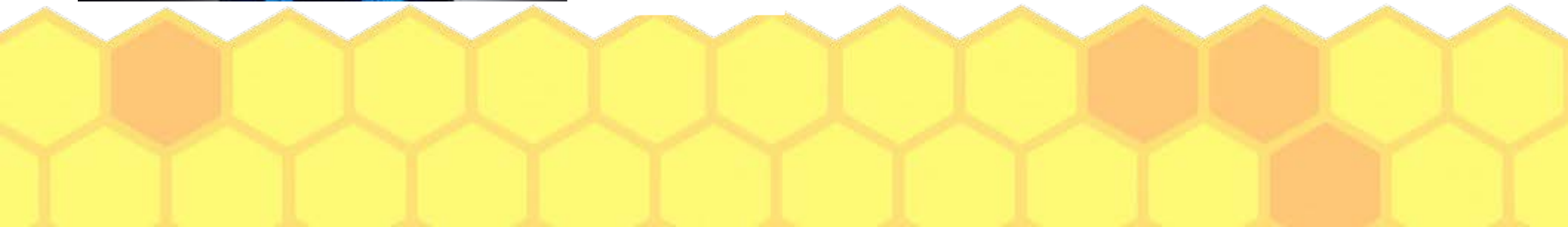
34 grams of sugar

8,5 sugar cubes

Pepsi can(330 ml)



?



Pepsi can(330 ml)



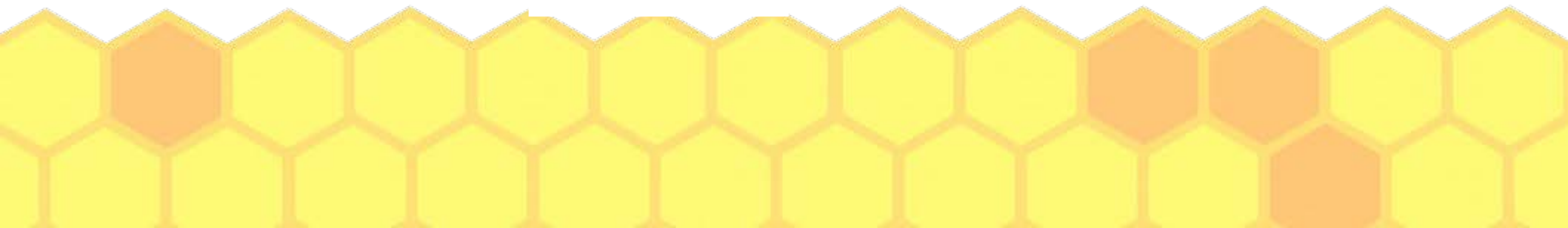
34,98 grams of sugar

8,7 sugar cubes

Burger King coca cola (700 ml)



?



Burger King coca cola (700 ml)



79,5 grams of sugar

19,8 sugar cubes

fanta Orange can (330 ml)



?

fanta Orange can (330 ml)



28 grams of sugar

7 sugar cubes

Nestea lemon can (330 ml)



?

Nestea lemon can (330 ml)



25,4 grams of sugar

6,3 sugar cubes

Red Bull big can (473 ml)



?

Red Bull big can (473 ml)



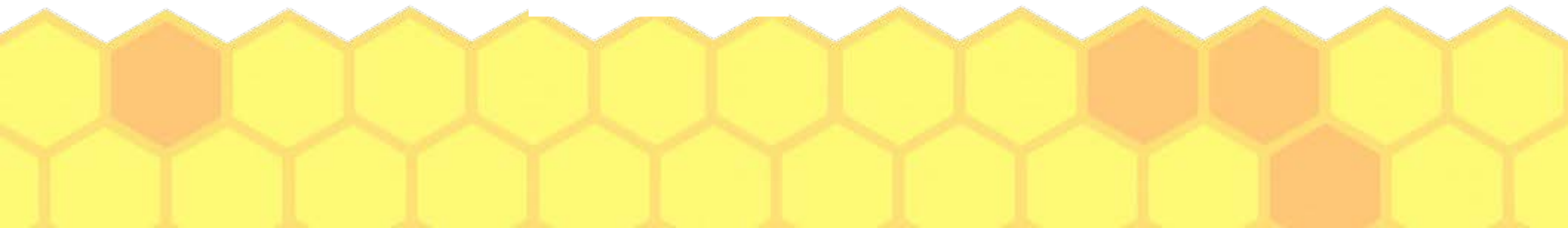
52 grams of sugar

13 sugar cubes

Monster can (500 ml)



?

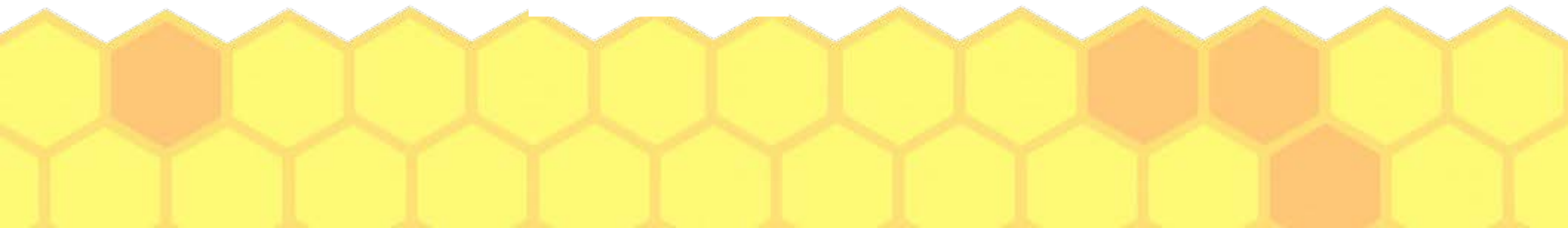


Monster can (500 ml)



52 grams of sugar

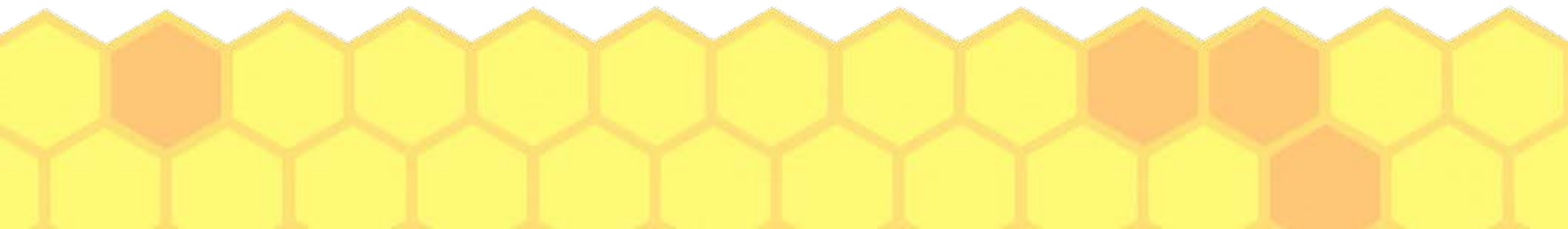
13 sugar cubes



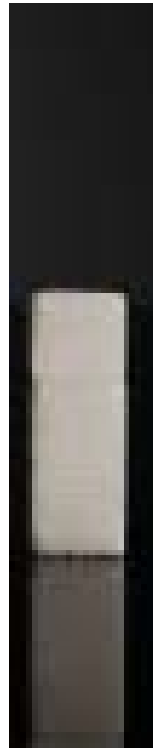
Milk glass (250 ml)



?

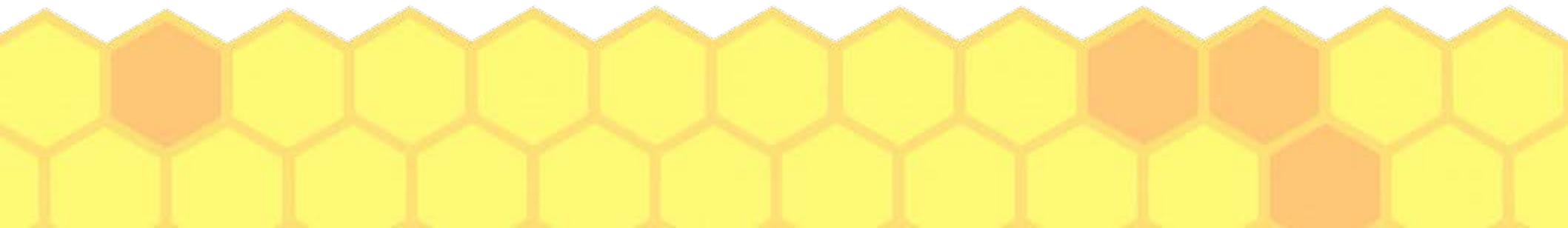


Milk glass (250 ml)



12 grams of sugar

3 sugar cubes



CBO BBQ McDonald's burger



?

CBO BBQ McDonald's burger



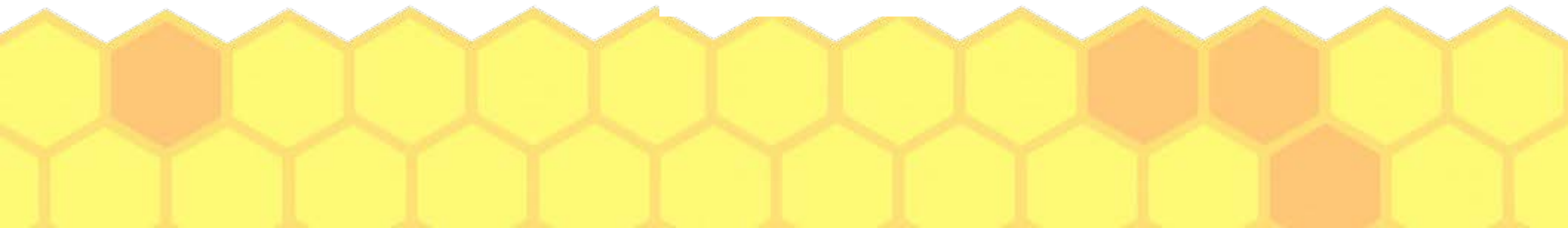
13 grams of sugar

3,25 sugar cubes

BBQ Pizza for one person



?



BBQ Pizza for one person



17 grams of sugar

4,2 sugar cubes

Pink Panther (56 g)



?

Pink Panther (56 g)



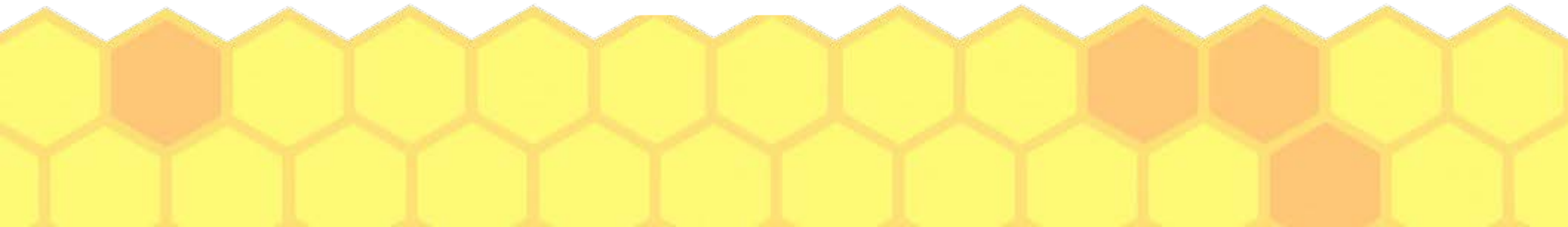
21 grams of sugar

5,25 sugar cubes

Mikado noir (75 g)



?



Mikado noir (75 g)



24 grams of sugar

6 sugar cubes

Mars bar



?

Mars bar



36 grams of sugar

9 sugar cubes