

# Kick the Can!

**A diet high in sugar is linked with high levels of fat in your blood and liver.**



**Researcher B. Griffin says, "Consuming high amounts of sugar can alter your fat metabolism in ways that could increase your risk of cardiovascular disease".**

**Even though most adults don't consume that much sugar, it can add up quickly.**

**Hidden sources of sugar include breakfast cereal, sauces, & condiments**



**To reduce your sugar intake, drink water in place of soda or sports drinks.**



**The Dietary Guidelines for Americans advise people to make sure that no more than 10% of their total daily calories come from added sugar.**



**10% of your daily calories is roughly 140 calories from added sugar. That's not very much!**



**As you shop, look for other terms that mean sugar in the ingredients label such as sucrose, fructose, dextrose, maltodextrin and syrup.**

