

Too Much Sugar

By Emma Krasner



Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 0g	0%
Sodium 10mg	0%
Potassium 290mg	8%
Total Carbohydrate 29g	10%
Sugars 28g	
Protein 0g	
Vitamin C	120%
Iron	4%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, and calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C).
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ORIGINAL

Mott's brings the best of the orchard to families so they can enjoy delicious fruit goodness every day. Since 1842, we've been dedicated to giving moms easy ways to help their families be their very best.



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 PASTEURIZED • UNSWEETENED
 ME-HI 5c PLEASE RECYCLE
 70015314 MOTT'S APPLE JUICE 64 FL OZ

CONTAINS NO FRUIT JUICE

Nutrition Facts
 Serving Size 12 fl oz (355 mL)
 Servings Per Container about 2.5

Amount Per Serving	% Daily Value*
Calories 30	
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 45mg	1%
Total Carbohydrate 7g	2%
Sugars 7g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Water, sugar, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, sucralose, acesulfame potassium, blue 1.

30 CALORIES PER 12 FL OZ SERVING

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Mott's apple juice has 26 grams of sugar!

Did you know that sugar wasn't just in candy?



**Did you
know that
you eat
a lot
of sugar
each day
without
knowing it?**

That is a lot of dessert.

Well I didn't. Sugar is in a lot more foods than you'd expect, and you eat a lot more than you think you do.

	Alone	with Skim Milk
Calories	110	150
Calories from Fat	25	25
	% Daily Value**	
Total Fat 2.5g*	4%	4%
Saturated Fat 1g	5%	6%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	10%
Total Carbohydrate 21g	7%	9%
Dietary Fiber 1g	3%	3%
Sugars 9g		
Other Carbohydrate 11g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	25%	25%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%

Lucky Charms

Nutrition Facts
Serving Size ¾ cup (27g)
Servings Per Container about 12

Amount Per Serving	Lucky Charms	with ½ cup skim milk
Calories	110	150
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 50mg	1%	7%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	6%	6%
Sugars 10g		
Other Carbohydrate 10g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%



People can get overweight just by eating the foods that they love.

One reason that shows that people eat more sugar than they might expect is so many people are overweight. According to www.timeforkids.com, nearly 1 in 5 kids ages 6-19 are overweight.

It also says that more than half of New York City adults and 40% of the city's elementary and middle school students are considered overweight. I didn't know that sugar is such a problem. Many health experts blame the rising population of obese kids on diets.





People consume too much sugar. The typical American kid eats about 20 teaspoons of sugar each day, says www.timeforkids.com. They also said adults eat 50% more sugar than they did in the 1970's. Wow! That is a lot more.

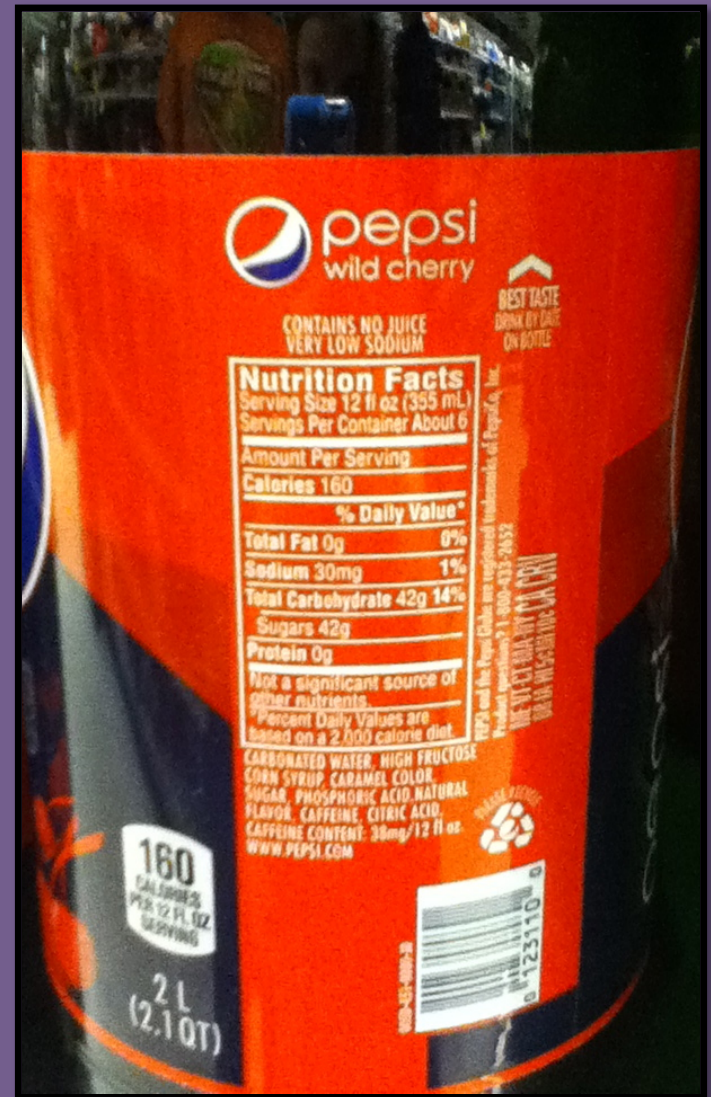


The Huffington Post said, we are consuming an extra 500 calories a day from sugar. One pack of M&M's may be more sugar than you should eat in a day, says www.BusinessInsider.com. They also said the average sugar people eat in 1 day is 22 teaspoons.

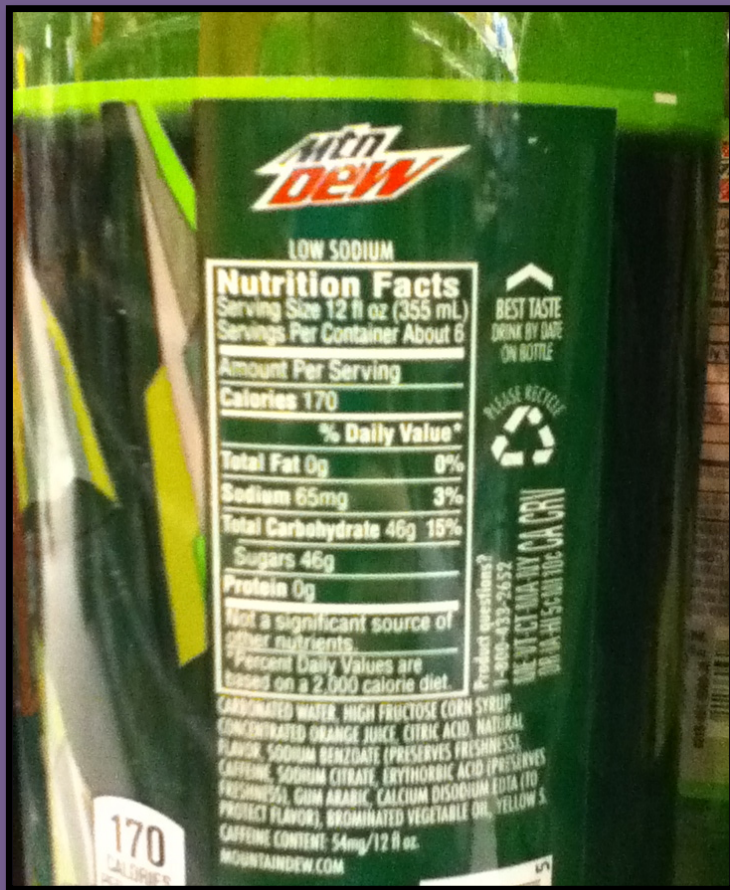
When I was in Disney World, my mom and I were walking around and I noticed that all of the carts that were around selling food, they only sold soda, potato chips, frozen lemonade, and so many more sugary items. Then I realized that in all of the restaurants that we ate at it was hard to find healthy food choices. There was ice cream, burgers, french fries, just so much. I even noticed people eating giant turkey legs. And that is only in Disney World. Imagine the whole world!



Lastly, sugar is in things we don't expect. In an interview with Debra Goldstein who is a writer on sugar and health she told me, "Sugar is hidden in almost every packaged food we eat, it's in crackers, cereal, and even ketchup." She also said, "That's easy! Soda, sports drinks, and other bottled beverages pack the most sugar. Stay away from those!" I only eat those kinds of things once in a while but not every day and some people do and they don't realize it is sugar, they think it is good for them, but they are wrong.



Pepsi has 42 grams of sugar in it!



In www.timeforkids.com it says, “There is pasta sauces in every supermarket in the country with more added sugar than ice-cream toppings,” says Dr. David Katz, a nutritional expert. I would think that there is more sugar in candy than there is in pasta sauces. See what I mean by people eat way too much sugar than they realize?

MTN Dew has 46 grams of sugar in it!



So as you can see, people don't really realize what they are eating and all of the sugar that's in it. So the next time you want a cereal or a drink check the nutritional facts to see if it has added sugar. Maybe you can eat fruit or drink water instead of soda. There are so many more healthy foods you can eat all over the place and all you have to do is look for it. When you are at a diner and you see salads on the menu and you see burgers, get the salad. It fills you up and it is healthy. You don't have to completely cut sugar from what you eat, only have it once in a while. It is a simple as that.