The Dangers of Sugar

- Sugar is a far greater danger to your heart than fat ever was
- The #1 dietary contributor to heart disease
- Contributes to inflammation in the artery walls
- Sugar is the missing link among diabetes, obesity, and heart disease

The average American consumption of over 22 teaspoons of added sugar per day. Recent studies have shown that as of late 2011, we’re eating up to 156 lbs of sugar a year. That equals about thirty-one 5-lbs bags for every man, woman, and child in America!

The American Heart Association recommends that women consume no more than 100 calories of added sugar per day—about 6 teaspoons—and men consume no more than 150 calories of added sugar per day—about 9 teaspoons.

Want to learn more? Coletta Meyer and Ben Marx will be presenting on this topic today at 12noon in the Kansas Room. Bring your lunch and learn about the dangers of sugar! See below

Brown Bag Lunch-N-Learn – The Dangers of a Sweet Tooth! (really great info will be covered, you don’t want to miss this)

Today, Wednesday August 27th
12:00pm
Kansas Room
Presentation given by Coletta Meyer, Employee Wellness Coordinator and Ben Marx, Assistant Director of Fitness and Wellness at the SRWC

Do you know what your glucose level is? If you are Benefits-Eligible you can find out for free this September! Register for the Employee Wellness Program at https://www2-prod.washburn.edu/iss/surveys/wellness/. Screenings will take place in September. For more information, call Coletta Meyer at x1314.