

The Dietary Guidelines for Americans 2015-2020 were recently released and recommendations regarding added sugar intake have been included for the first time. These Guidelines are intended to help people improve their eating habits in order to avoid chronic disease and maintain an optimal quality of life, so it makes sense that we begin to focus on refined sugar and how its intake affects our health. According to the Guidelines, we should consume no more than 10% of our daily caloric intake from added sugar.

| 2000 calorie intake | 1800 calorie intake | 1600 calorie intake |
|--|--|--|
| 10% or 200 calories from added sugar | 10% or 180 calories from added sugar | 10% or 160 calories from added sugar |
| 200/4 (the number of calories per gram of sugar) | 180/4 (the number of calories per gram of sugar) | 160/4 (the number of calories per gram of sugar) |
| <50 grams of added sugar recommended per day | <45 grams of added sugar recommended per day | <40 grams of added sugar recommended per day |

The World Health Organization suggest a reduction of added sugar to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

| 2000 calorie intake | 1800 calorie intake | 1600 calorie intake |
|--|---|---|
| 5% or 100 calories from added sugar | 5% or 90 calories from added sugar | 5% or 80 calories from added sugar |
| 100/4 (the number of calories per gram of sugar) | 90/4 (the number of calories per gram of sugar) | 80/4 (the number of calories per gram of sugar) |
| <25 grams of added sugar recommended per day | <22.5 grams of added sugar recommended per day | <20 grams of added sugar recommended per day |

Source: <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/key-recommendations/>

<http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>

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“What’s wrong with eating donuts to cure obesity? Don’t you believe in alternative medicine?”