

Stop the Sugar!

Did you know that scientists have proven that fat is not that bad for you? What really is bad for you? Can you guess? Keep reading to find out!

Were you wondering what really is bad for you? It is white, sparkly, and sweet. Did you guess sugar? If so, you are correct! Obviously, we all know that sugar is bad for you, right? But you might not know how bad it is for you. Sugar has the same effect on your brain as drugs do. It is scientifically proven that the addiction is in the same part of your brain. Did you know that kids are only supposed to have 12 grams of sugar each day? Grown women only 24 grams of sugar every day? Grown men only 36 grams of sugar every day? Do you fit in the healthy grams of sugar every day? Chances are, you do not. It is ok if you answered no. In 2008 our sugar intake was 76.7 grams of sugar every day!

Want to know how to decrease your sugar intake? Here are a few tips that make it much easier. LABELS! Have you ever looked on the back of a can or box of food? You probably haven't. Next time you do, don't look at the calories, or that fat (even though those things are important too) look at the sugar. Are you shocked? Do not worry, you should be! Looking on the back of a can or box can be very shocking. Most of the time the grams of sugar is way more than we are supposed to eat in a day. Did you know that a Tillamook yogurt is 31 grams of sugar in every 6 ounces?! A Luna Bar Berry Almond is equivalent to 1.1 Krispy Kreme donuts? Jeez, I know for sure that I would rather have a Krispy Kreme donut other than some boring protein bar. If you want to find out more comparisons of Krispy Kreme donuts to daily items go to this website:

<http://www.motherjones.com/environment/2013/09/9-surprising-foods-have-more-sugar-krispy-kreme-donut>

In the movie, Fed Up, scientists said that sugar is going to make lots of changes in the world. Can you guess what those changes are? One change is obesity. Scientists say that 19% of kids (ages 2-19) are getting fatter. You may be wondering, what does that have to do with anything? Our military will go down because obese people are not fit for the job. What will we do then to fight in wars? As the sugar consumption has increased, obesity percentage has skyrocketed. Children grow up fatter than their parents. This means a shorter life span and health disorders such as diabetes.

Schools are trying to decrease in sugar, but guess what? Most of them do not know about the "hidden sugar" in almost everything. What I mean by hidden sugar is that sugar is basically in everything now. Be sure to watch out for hidden sugar!

How much have YOU learned? Take this quiz to find out!

1. How many Krispy Kreme donut(s) are in one Luna Bar Berry Almond?
2. How many grams of sugar are in 6 oz. of Tillamook yogurt?
3. True or False: Is fat as bad for you as people used to say?
4. How many grams of sugar are kids supposed to have every day?
5. Where do you look to find the grams of sugar in something?

ANSWERS:

1. 1.1 donuts.
2. 31 grams of sugar.
3. No.
4. 12 grams a day.
5. On the back of the can/box.

Haven't learned enough? Check out the **Fed Up** movie for more information.