

The Average
American Eats
Almost 100 Pounds
of Sugar A Year...
Sweetened Beverages

Almost $\frac{1}{4}$ Pound a
Day!!!

Where is all this sugar
coming from?

Added Sugar to Foods and Drinks

1 teaspoon =
4 grams of sugar

How Can We
Lead a Healthier,
Low Sugar Lifestyle?

Limit Added Sugar

Get Regular
Physical Activity
Every Day
30 to 60 Minutes

Drink Water

Eat Healthy by Including Fruits and Vegetables

**Remember:
One Small Change
Will Make a Big
Difference!**

**Gold Coast Collaborative
Encourages Everyone
in San Luis Obispo,
Santa Barbara & Ventura
Counties To:**

