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We Eat and Drink Too Much Added Sugar

We Americans eat a lot of extra sugar than is needed. And we sadly start at a pretty early age. Click on one of the links to find out why sugar is bad for you and how to help reduce the amount of sugar you eat.

Americans over the age of 2 now consume 15.8 percent of their daily calories as added sugar. That's a 50 percent increase from 30 years ago, when added sugars contributed only 10.5 percent of our daily calories. Even worse, studies suggest that added sugars amount to as much as 25 percent of the caloric intake of children and teenagers.

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