THERE’S A LOT OF MISINFORMATION OUT THERE.
Learn to separate fact from fiction.

DON’T BE FOOLLED:

**myth**
Sugar makes kids hyperactive.

**fact**
Research shows that sugar doesn’t change kids’ behavior—they’re just excited.¹

**myth**
Americans consume more added sugars now than ever.

**fact**
USDA data shows that added sugars intake decreased by more than 15% from 2000 to 2017.²–⁴

**myth**
Sugar is a food with a high glycemic index.

**fact**
Sugar has a moderate glycemic index, similar to wheat bread.⁵

### TIPS:

**Always check the source.**
Articles rely on the author’s interpretation of reference materials. Look deeper and see where the information is coming from, because it’s not always reliable. Be wary if there are no sources listed.

**Look for overly persuasive language.**
Is the author using strong negative or positive words, or is the point of view neutral? Extreme language is a giveaway that the trustworthiness of the content could be questionable. Don’t be convinced by someone else—convince yourself with facts.

**Do some searching.**
Search the article title to see who else is writing about this topic so you can get a variety of perspectives. Also, check to see whether the author has health credentials, and be cautious if the author is trying to sell you something.

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A BALANCED LIFE IS A SWEET LIFE.
Visit sugar.org to learn more sugar facts.