



THERE'S A LOT OF MISINFORMATION OUT THERE.

Learn to separate fact from fiction.

DON'T BE FOOLED:

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.



A BALANCED LIFE IS A SWEET LIFE.

Visit sugar.org to learn more sugar facts.



@MoreToSugar

the
Sugar
association

There's more to sugar.

¹Wolraich ML, Wilson DB, White JW. The effect of sugar on behavior or cognition in children. A meta-analysis. *Journal of the American Medical Association*. 1995;274(20):1617-1621.

²U.S. Department of Agriculture Economic Research Service. *Sugar and Sweeteners Yearbook Tables*, Table 51 (Refined cane and beet sugar: estimated number of per capita calories consumed daily, by calendar year). Available at: <https://www.ers.usda.gov/data-products/sugar-and-sweeteners-yearbook-tables.aspx>. Updated September 6, 2018. Accessed November 26, 2018.

³U.S. Department of Agriculture Economic Research Service. *Sugar and Sweeteners Yearbook Tables*, Table 52 (High fructose corn syrup: estimated number of per capita calories consumed daily, by calendar year). Available at: <https://www.ers.usda.gov/data-products/sugar-and-sweeteners-yearbook-tables.aspx>. Updated September 6, 2018. Accessed November 26, 2018.

⁴U.S. Department of Agriculture Economic Research Service. *Sugar and Sweeteners Yearbook Tables*, Table 53 (Other sweeteners: estimated number of per capita calories consumed daily, by calendar year). Available at: <https://www.ers.usda.gov/data-products/sugar-and-sweeteners-yearbook-tables.aspx>. Updated September 6, 2018. Accessed November 26, 2018.

⁵Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *American Journal of Clinical Nutrition*. 2002;76(1):5-56.