In the past 15 years, added sugars intake in the United States has decreased by nearly 25%, from 21 teaspoon equivalents per day to 16.1 teaspoon equivalents per day.\(^1\)

Calorically sweetened beverages such as soft drinks, tea and fruit drinks are the main source of added sugars in the diet across all age groups (older than 2 years), making up almost half of added sugars calories.\(^2\) While these beverages continue to be the largest contributor to added sugars intakes, there has recently been a significant decline in calorically sweetened beverage consumption since 1999.\(^3\)

In 2016, added sugars was reported to be about 12.6% of total calories, just slightly above the 2015-2020 Dietary Guidelines for Americans recommendation of 10% of calories from added sugars per day.\(^1,2,4\)

<table>
<thead>
<tr>
<th>YEAR</th>
<th>% OF CALORIES FROM ADDED SUGARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999-2000</td>
<td>18.1</td>
</tr>
<tr>
<td>2001-2002</td>
<td>17.1</td>
</tr>
<tr>
<td>2003-2004</td>
<td>15.9</td>
</tr>
<tr>
<td>2005-2006</td>
<td>14.5</td>
</tr>
<tr>
<td>2007-2008</td>
<td>14.6</td>
</tr>
<tr>
<td>2009-2010</td>
<td>13.9</td>
</tr>
<tr>
<td>2011-2012</td>
<td>14.1</td>
</tr>
<tr>
<td>2013-2014</td>
<td>13.4</td>
</tr>
<tr>
<td>2015-2016</td>
<td>12.6</td>
</tr>
</tbody>
</table>

Added sugars are found in a variety of foods and beverages for different reasons, many times for functions beyond sweetness.

**BREAKING DOWN THE NUMBERS**

**SUGAR SERVING SIZE**

- 2 teaspoons in a serving
- 15 calories in a teaspoon
- 30 calories in a serving
- 4 grams in a teaspoon
- 8 grams in a serving
- 4 calories per gram

**INTAKE RECOMMENDATIONS**

According to the 2015-2020 Dietary Guidelines for Americans,\(^4\) a healthy diet includes up to 10% of calories from added sugars, allowing room for sugars in nutritious foods and occasional sweets and treats. In a 2000 calorie diet this equates to 200 calories, 50 grams, or 12.5 teaspoons.
A LITTLE HISTORY...

In the 1990s, added sugars consumption increased sharply as soda consumption increased and manufacturers raced to reformulate and develop new products during the “low-fat era.” Removing fat from a product requires replacing it with something. The same is true of removing sugar. Data has shown the seesaw effect of restricting individual nutrients only leads to caloric over compensation with another, whether sugar for fat or vice-versa.6,7

HOWEVER – since 1999 added sugars consumption has been on a significant decline in the United States.1,2,5

WHERE DO THESE NUMBERS COME FROM?

What We Eat in America (WWEIA) captures U.S. dietary intakes as a part of National Health and Nutrition Examination Survey (NHANES). This survey is conducted every two years in partnership with the United States Department of Agriculture (USDA) and Health and Human Services (HHS) to assess the health and nutritional status of Americans.

Loss-Adjusted Food Availability is another proxy for estimating intake. This number is calculated using food and nutrient availability for consumption and considers estimated loss or waste. The downward trend in availability mirrors the NHANES consumption estimates.


As long as dietary data have been collected, added sugars intake has never been below 10%.8

Intake data for total added sugars is a combination of the intakes of all caloric sweeteners including sugar, high-fructose corn syrup, honey, maple syrup and others.

Sugar from sugar beets and sugar cane along with high-fructose corn syrup are the biggest contributors to total added sugars.