



your health

# the sour side of sugary drinks

i'm eating less sugar

human energy

## i wouldn't eat 16 packets of sugar ...

...but I drink that amount every time I have a soda.

- The way your body processes liquid sugar is different than the way it processes sugar in foods, especially foods containing fiber.
- Too much added sugar from soda and sports drinks can overload critical organs over time, leading to serious diseases like heart disease, diabetes and liver disease.
- When you consume sugar as a beverage, you don't feel as full. It's easy to down 16 packets of sugar in a single 20-ounce soda.
- **Liquid sugar**, usually in the form of high fructose corn syrup, in soda and sports drinks is the **largest source of added sugar** in most western diets accounting for 36 percent of all hidden sugar consumption.
- The American Heart Association recommends no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men. The World Health Organization recommends no more than 50 grams, approximately 9 teaspoons, for men and women.
- Drinking just one 12-oz soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost one-third.



## too much sugar can affect my health

- Long-term, **excessive consumption of added sugar** can also disrupt your body's natural hormonal balance, creating a condition called metabolic syndrome, which is linked to many **forms of chronic disease**.
- Sugar belly, **excess fat around your midsection** is one possible sign that you might have **metabolic syndrome**.
- **Too much fructose**, a common type of sugar, can **damage your liver**, just like too much alcohol.
- In addition to being in sodas, fruit juices and energy drinks, added **sugar is hiding in foods that many of us think are healthy**, like yogurt and even in pasta sauce, granola bars, breads, salad dressing, barbecue sauce, breakfast cereal, canned fruit, dried fruit and ketchup.



## resources

- Chevron Fitness Centers
- The Healthy Heart Program – [hr2.chevron.com/heart](http://hr2.chevron.com/heart)
- Chevron Health Encyclopedia
  - Sugars
  - Carbohydrates
  - Diabetes- eating low glycemic foods
- Spanish Knowledgebase
  - Azúcares añadidos
  - Alimentos con carbohidratos
  - Diabetes: Comer alimentos de bajo índice glucémico
- International Diabetes Federation [www.idf.org/about-diabetes](http://www.idf.org/about-diabetes)
- Email [wellness@chevron.com](mailto:wellness@chevron.com) or visit [hr2.chevron.com/wellness](http://hr2.chevron.com/wellness)