

FAT, SUGAR & SALT... OH MY!



<p style="text-align: center;">STATEMENTS</p> <p style="text-align: center;"><i>(Correct the statements if they are FALSE and make them TRUE by adding or crossing out information)</i></p>	<p style="text-align: center;"><i>Post Viewing Responses: True or False</i></p>
Sugar is a nutrient dense food because it provides a lot of calories.	
The American Heart Association recommends no more than 20% of our total calories come from added sugar.	
Americans consume 100 pounds of sugar annually.	
Sugar has a lot of aliases.	
One third (33%) of consumed sugar comes from sweetened beverages.	
If sugar is listed as one of the first three ingredients on a food label or is listed multiple times in the list then it should be consumed.	
Natural sugar is found in processed foods while added sugars are found in fresh fruits.	
Consuming too much sugar can lead to serious health problems.	



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High blood pressure, stroke and increased risk of heart disease can result from consuming too much salt (sodium).	
Only 25% of sodium is found in processed foods.	



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Eating a daily diet of fast food, frozen meals, boxed dinners and canned foods such as soup can help lower your sodium intake.	
If we increase our food portions, we increase our sodium intake.	
One slice of pizza can account for half of our daily sodium intake.	



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Pizza is high in fat.	
Americans on average consume 45 pounds of fat annually from baked goods and fried foods.	
Some fat is needed in the body for healthy skin and brain function.	
Omega 3's, monounsaturated and polyunsaturated fats are considered healthy fats that come from eating seafood, cooking with olive, canola and sunflower oil and should be consumed in moderation.	
Trans-fats and saturated fats are unhealthy fats found in animal products and processed snacks such as cookies and donuts and daily intakes should be limited.	
Americans consume more healthy fats than unhealthy fats than they need in their daily diet.	

Which of the culprits (fat, sugar, salt) is most consumed in your diet? Which is the least consumed in your diet?

Most Consumed

Least Consumed



