

CommonHealth WEEKLY WELLNOTE

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We know eating too much sugar isn't good for us. It finds its way into so many foods in so many forms, it can be tricky to know just how much we consume. Let CommonHealth take some of the mystery out of sugar by checking out our website for an electronic booklet and more resources to better understand added sugars.

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SWEET SURRENDER

Invite a CommonHealth Wellness Consultant out to your next staff meeting or event to bring your team practical nutritional information.



SUGAR TIP

1 teaspoon =
4 grams



Each agency location has a CommonHealth consultant assigned to serve their group's wellness needs through their HR Department. If you want to get in touch with your CommonHealth person, visit commonhealth.virginia.gov/about-us.html

A LITTLE BIT HEALTHIER THIS WEEK

Get an idea of how much added sugar you eat. Take a look at the Nutrition Facts section of packaged foods and make a note of the grams of added sugar in each serving. Adult Americans average about 68 grams (17 teaspoons) of added sugar a day.

How much sugar do you eat in a typical day?

Nutrition Facts

Serving Size 1 oz.	
Amount Per Serving:	
Calories	Calories From Fat
% Daily Value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.