

HEALTH FAIR DISPLAY OPTIONS

Go to www.lexingtonhealthdepartment.org/display-scheduling-form to schedule your health fair display!

BUILD A DISPLAY

Choose up to four (4) of the interchangeable posters on the topics of sugar, tobacco, healthy eating, and handwashing to make your own three-fold display. *Value to replace if lost or damaged is \$50 each.

SUGAR

RETHINK YOUR DRINK

Rethink your Drink

Be aware of the sugar in your drinks!

Actual size of 1 teaspoon of sugar

Cola 12 oz Contains 9 1/2 teaspoons (39 grams) of sugar	Sports Drink 20 oz Contains 8 1/2 teaspoons (34 grams) of sugar	Energy Drink 16 oz Contains 9 1/2 teaspoons (39 grams) of sugar	Whole Chocolate Milk 16 oz Contains 12 teaspoons (48 grams) of sugar	100% Orange Juice 16 oz Contains 12 teaspoons (48 grams) of sugar
Soft Drink 16 oz Contains 12 teaspoons (48 grams) of sugar	Strawberry Fruit Smoothie 14 oz Contains 24 1/2 teaspoons (98 grams) of sugar	Sweet Tea 16 oz Contains 11 teaspoons (44 grams) of sugar	Whole Milk Latte 12 oz Contains 2 1/2 teaspoons (10 grams) of sugar	Blended Frozen Vanilla Milk Drink with Cream 12 oz Contains 11 teaspoons (44 grams) of sugar

HEALTH EDCO

HOW SUGAR AFFECTS YOUR BODY

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What happens when you consume too much sugar?

Consuming sugar increases a signal of the fast growth brain chemical dopamine. When you regularly eat or drink sugar, your brain becomes addicted to that feeling and makes more dopamine.

Consuming scientific evidence shows consuming too much sugar, in any form, increases the risk of heart disease, stroke, and type 2 diabetes. It also causes weight gain, high blood pressure, and insulin resistance.

Sugar can be a problem for your teeth. High sugar levels in your mouth can damage the lining of your mouth, leading to a higher risk of oral cancer.

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HOW SUGAR AFFECTS A CHILD'S BODY

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THE AVERAGE CHILD UNDER AGE 12 CONSUMES A WHOPPING 49 POUNDS OF SUGAR EACH YEAR.*

Too much sugar has the potential of harming a child's overall health.

How does sugar specifically affect a child's body?

Excess sugar in your body can cause overeating of sugary and acidic drinks. This acid can wear away at the protective enamel of your teeth and can lead to cavities.

Sugar feeds bacteria in your mouth, creating an acidic environment. This acid can wear away at the protective enamel of your teeth and can lead to cavities.

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SUGAR SHOCKER FOODS

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TOASTER PASTRY 1 toaster (12) • 16 grams sugar	DAT BRAN CEREAL 1 cup • 20 grams sugar	FLAVORED YOGURT 4 ounces strawberry • 26 grams sugar
FRUIT RINGS CEREAL 1 cup (17) • 12 grams sugar	BAKED BEANS 1/2 cup (1/2) • 12 grams sugar	INSTANT OATMEAL 1 packet (10) • 13 grams sugar
FRENCH DRESSING 2 Tbsp (1) • 11 grams sugar	SPAGHETTI RINGS 1 cup • 11 grams sugar	SWEETENED SHREDDED WHEAT CEREAL 1 cup (14) • 11 grams sugar
KETCHUP 2 Tbsp (1) • 8 grams sugar	GRANOLA 1/2 cup (1/2) • 10 grams sugar	BARBECUE SAUCE 2 Tbsp (1) • 11 grams sugar
FROZEN PIZZA 1/2 pizza (1) • 5 grams sugar	MACARONI & CHEESE 1/2 cup (1/2) • 6 grams sugar	SPAGHETTI SAUCE 1/2 cup (1/2) • 7 grams sugar
FROZEN WAFFLES 2 waffles (1) • 2 grams sugar	PEANUT BUTTER 2 Tbsp (1) • 3 grams sugar	WHOLE GRAIN BREAD 1 slice (1) • 4 grams sugar
		WHEAT CRACKERS 10 pieces (1) • 4 grams sugar

Compare Nutrition Facts Labels to find the lowest sugar content

Nutrition Facts
Serving Size: 1/2 cup (124g)
Amount Per Serving
Calories 90
Total Fat 3g
Saturated Fat 0g
Cholesterol 0mg
Sodium 300mg
Total Carbohydrate 13g
Dietary Fiber 3g
Sugars 3g

ARE YOU DRINKING CANDY?

Are you drinking Candy?

Water - 0g	Unsweetened Tea - 0g	Juice Drink/Chocolate Milk - 24g
Sports Drink - 34g	Can of Soda - 44g	Large Frozen Drink - 46g
Large Soda - 51g	Large Flavored Coffee/Energy Drink - 60g	Large Sweet Tea - 71g

1 teaspoon or 4 grams of sugar