

Fruits, Vegetables, Exercising...What About Less Sugar?

Doctors and health experts are always talking about how people should eat healthier, and they're usually talking about eating more fruits and vegetables and getting more exercise on top of that, but not about cutting back on sugar. If people even took a tiny little interest in looking at the nutrition labels and how much sugar there is in a serving of jelly beans, there wouldn't be so many people with increasing diabetes and heart disease. That is why there should be a daily value for sugar on the back of nutrition labels.

Putting a daily value for sugar on nutrition labels would decrease obesity and disease. Sugar is added to things that aren't even supposed to be sweet, such as canned soup. There is, in fact, more sugar in a can of Progresso's Traditional Chicken Noodle soup than there is sodium. Why don't the food companies just cut down on salt, and not add sugar? The American diet now has 19 percent more sugar than they did in 1970. (Live Strong) Added sugar also goes by a ton of names, such as high-fructose corn syrup, brown sugar, sucrose, honey, molasses, raw sugar, corn sweetener, corn syrup, fructose, glucose and dextrose. How are people supposed to know if it's added sugar or natural sugar? All of this sugar that's going by different names and increasing every time is raising obesity, diabetes, and heart disease because nobody knows what type of sugar is going into their food.

Although, doctors say that people should not eat sugar at all. (Mayo Clinic) But what's the point in life if you can't have a little fun and indulge sometimes? If people aren't supposed to eat sugar then why do we have it around? The human body does not need any added sugar to function properly. If people are going to eat sugar, because most people do, in fact, enjoy sugar a lot, then people should have a guideline for how much they eat every day. Even if it's not a lot, at least people can get away with eating some sugar.

However, there actually IS a daily value for sugar, but food companies don't put them on the nutrition labels. If they were to do this, people would be more aware of how much sugar is put into the food that they buy, and how much they actually consume, which is a ton of sugar. The daily recommended value for sugar for men is nine teaspoons, or thirty-six grams, and the daily recommended value for sugar for women is only six teaspoons, or twenty-four grams. (Live Strong) It's vital that the FDA require a daily value for sugar on nutrition labels so that customers can monitor and reduce their sugar intake.

In conclusion, this is why the daily value for sugar should be put onto nutrition labels, so people can be healthier and so they can manage how much sugar they eat. So people wouldn't become obese, and get diabetes and heart disease. So people can

live longer and live happier.

Citations

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