Join Berkeley in becoming the most sugar savvy university!

4 grams of sugar
= 1 teaspoon

Daily Limit for Added Sugar:

Men: 9 tsp  Women: 6 tsp

Liquid sugar is the LARGEST source of added sugar in the American diet

The average adult consumes almost THREE times the recommended added sugar limit every day

Added sugar is hiding in 74% of processed foods

Too much fructose, found in soda, sports drinks, and many processed foods, can damage your liver. Just like too much alcohol.

Learn more, register for events, and take the pledge to participate in Sugar Savvy Day

Feb 23 – March 21

uhs.berkeley.edu/sugarsavvy