



SUGAR AND THE IMMUNE SYSTEM

SUGAR WEAKENS WHITE BLOOD CELLS' ABILITY TO DESTROY BACTERIA

Adapted from the book *Proof Positive* by Dr. Neil Nedley

| <i>Teaspoons of sugar</i> | <i>No. bacteria destroyed</i> |
|---------------------------|-------------------------------|
| 0 | 14.0 |
| 6 | 10.0 |
| 12 | 5.5 |
| 18 | 2.0 |
| 24 | 1.0 |

Statistics from the internet:

Do you know how much sugar you're eating?

Back in the old days (1822), the average American consumed a mere 45 grams of refined sugar, or the equivalent of a 12 oz soda pop every five days. Today, that amount has reached an alarming 765 grams per five days. That's 17 times more! With Americans consuming so much sugar each day it's no wonder that 1 in 3 adults are now considered obese.

One hundred and fifty-six pounds. That's how much added sugar Americans consume each year on a per capita basis, according to the U.S. Department of Agriculture (USDA). Imagine it: 31 five-pound bags for each of us.

Women get an average of 239 calories daily from added sugar, while men get 335 calories of added sugar each day, according to a report by the National Center for Health Statistics in May 2013. Added sugar poses a significant health concern. Consuming too much increases your risk of gaining weight, and being overweight makes you 20 to 40 times more likely to develop diabetes, according to the Harvard School of Public Health.

The average American consumes around 22.2 teaspoons of added sugar every day, and both the World Health Organization and the American Heart Association (AHA) note that we should really be eating a fraction of that amount. The AHA says that adult women should get 5 teaspoons (20 grams) of sugar per day, adult men 9 teaspoons (36 grams), and children 3 teaspoons (12 grams). For comparison, a can of soda can have 40 grams, or about 10 teaspoons of sugar.

NOTE: 1 teaspoon of sugar contains about 4.2 grams.