

# DID YOU KNOW...

the average person consumes over  
140 pounds of sugar per year?

A close-up photograph of a hand holding a silver spoon, pouring a stream of white sugar granules. The sugar is falling from the spoon, creating a dynamic, cascading effect. The background is a soft, out-of-focus green and blue gradient.

Consumption of the sweetener, high-fructose corn syrup, has skyrocketed since it was developed more than 30 years ago. Today the average person consumes about 61 pounds per year.

Since 1950, soft drink consumption has more than quadrupled. In 2003, the average person consumed 46 gallons per year; up from just 11 gallons per year.

Is it any wonder that vegetable consumption is down? In 2003, only 8.3 pounds of broccoli and just a little over 25 pounds of dark lettuces were consumed per person per year.

For more information visit:  
<http://health.usnews.com/usnews/health/articles/050328/28sugar.b.htm>