How Many Grams Of Sugar Per Day

How Many Grams of Sugar Per Day? A Practical Guide to Healthy Sweetness

In a world where sugary drinks, desserts, and processed foods are everywhere, many people wonder: **how many grams of sugar per day** should I consume to stay healthy? The answer isn't just a single number; it depends on age, gender, activity level, and overall health goals. This article breaks down the science, offers clear guidelines, and provides practical tips to help you make informed choices about sugar in your diet.

Why Sugar Matters: The Health Impact of Excess Intake

High sugar consumption has been linked to a range of health issues, including obesity, type 2 diabetes, heart disease, and dental problems. Excessive sugar can also affect mental well-being, causing mood swings and energy crashes. Understanding the recommended limits is the first step toward reducing risk and improving overall wellness.

What the Research Says

Numerous studies and health organizations agree that added sugars—those not naturally present in foods like fruits—should be limited. Consuming too much added sugar can lead to:

- Weight gain and increased body fat
- Elevated triglyceride levels
- Higher blood pressure and inflammation markers
- Greater risk of dental cavities

Official Guidelines: How Many Grams of Sugar Per Day?

Health authorities worldwide have set clear recommendations. Below are the most widely cited limits:

- **World Health Organization (WHO)**: *Less than 10% of total daily calories from added sugar, ideally below 5%.* For a 2,000-calorie diet, this equates to about 25 grams (6 teaspoons) of added sugar.
- **American Heart Association (AHA)**: *Men: no more than 9 teaspoons (38 grams) per day; Women: no more than 6 teaspoons (25 grams) per day.*
- **U.S. Dietary Guidelines**: *Limit added sugars to less than 10% of daily caloric intake.*

These figures focus on **added sugars** only, not the natural sugars found in whole fruits and dairy products, which come with fiber, vitamins, and minerals.

How to Estimate Your Daily Sugar Intake

Tracking sugar can be surprisingly simple once you know what to look for. Here's a quick method:

1. **Read the Nutrition Label –** Check the "Total Sugars" line. Add "Added Sugars" if listed.
2. **Convert to Grams –** 1 teaspoon of sugar ≈ 4 grams.

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