By Joy Keller and Judy Meyer

What Added Sugar Looks Like

Help clients visualize hidden sugars more concretely.

It's well documented that sugar has a harmful effect on the human body. Research has linked this sweet substance to tooth decay, obesity, heart disease, liver disease and other problems. However, sugar has an addictive quality that is hard to quell. During your next health fair, remind clients that the American Heart Association recommends limiting intake of all added sugars to no more than 6 teaspoons a day for women, or 9 teaspoons a day for men. And *show* clients the sugar content in their favorite foods. Maybe this visualization will help people make healthier choices.