

# HIDDEN MENACE

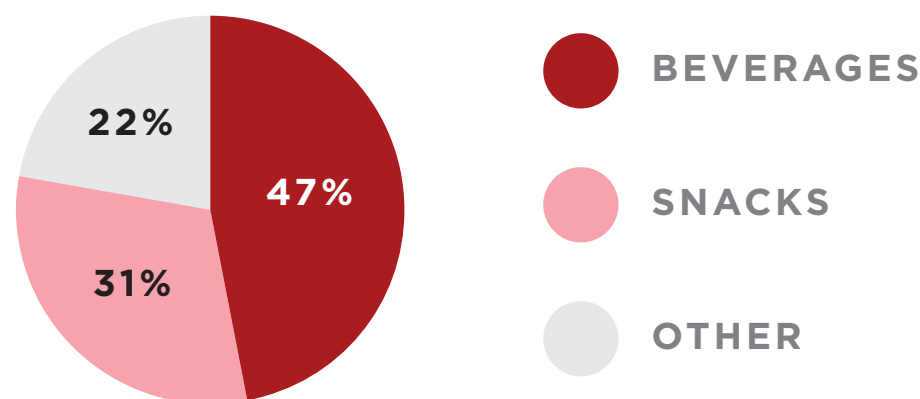


## DO YOU REALLY KNOW WHAT'S IN YOUR FOOD?

According to the CDC, more than 80% of Americans eat a diet that is low in healthy food categories such as vegetables, fruits, grains, and proteins. Americans are not informed about how unhealthy many everyday foods are, as they only look at the amount of calories and fail to read the rest of the nutrition label. This leads to the consumption of an enormous amount of sugar, sodium, and fat, which can contribute to health complications later in life.

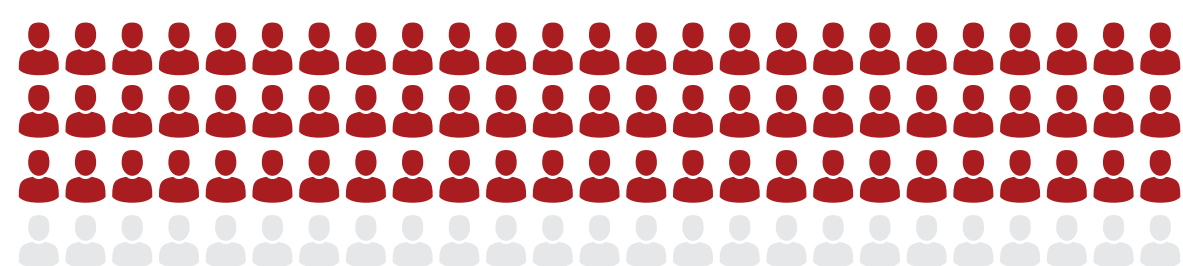
Too much sugar in your diet can lead to many health complications such as heart disease. Processed sugars – such as those found in fast food and soda – are not as easily broken down by the body and are stored as fat, which can lead to increased blood sugar.

### SOURCES OF SUGAR IN OUR DIET



High-sodium foods can also be a big risk; high sodium levels in the body causes more fluid to be retained in the blood stream, increasing your blood pressure. Increased blood pressure puts more strain on your heart, increasing the risk of a heart attack, as well as organs such as the kidney, which filters out waste from your blood stream.

Too much fat in your diet can contribute to obesity, which puts strain on your joints and muscles, as well as high cholesterol, which clogs your arteries and increases your risk for heart disease.



**75% OF AMERICANS INACCURATELY  
BELIEVE THEY EAT HEALTHILY**

## PERCENT DAILY VALUE OF SUGAR, SODIUM, AND FAT IN COMMON PROCESSED FOODS

COMMON FOODS & BEVERAGES	SUGAR	SODIUM	FAT
MCDONALD'S BIG MAC	90%	41%	50%
SNICKERS CANDY BAR	57%	3%	30%
LARGE FRIES	2%	13%	35%
OREO (3 COOKIES)	44%	6%	11%
M&M'S (1 BAG)	58%	2%	30%
FRIED CHICKEN SANDWICH	25%	61%	63%
1 SLICE OF PIZZA	11%	27%	24%
COCA-COLA	114%	2%	0%
SPRITE	111%	3%	0%
GATORADE	51%	4%	0%
MINUTE-MAID LEMONADE	71%	0%	0%
SWEET TEA	57%	0%	0%
BODY ARMOR	51%	0%	0%
STARBUCKS VANILLA LATTE	101%	6%	18%