

Looking for something fun and informative for your next Wellness Fair, Lunch and Learn or to just display in your cafeteria or employee lounge? The Chamber Worksite Wellness Committee has created these sugar boards for all our worksites to use. Just like the library you just call and check them out. Then return for the next worksite to use.



Too much sugar contributes to numerous health problems, including weight gain, Type 2 diabetes, dental caries, metabolic syndrome and heart disease, and even indirectly to cancer because of certain cancers' relationship to obesity. It also can keep you from consuming healthier things.

Between 2003 and 2010, Americans consumed about 14 percent of their total daily calories from added sugars, much of it from sugar-sweetened beverages, according to the Centers for Disease Control and Prevention. But the 2015-2020 Dietary Guidelines for Americans recommend an intake of added sugar of less than 10 percent of calories. In a 2,000-calorie daily diet, that means less than 200 calories.

