

# Sugar guidelines may be altered

By Pam Foxx, Outside

Next time you reach for that Red Bull, reconsider. The World Health Organization is currently thinking about halving the daily recommended sugar limit.

The new guidelines would advise adults to consume just five teaspoons of sugar a day, rather than 10. This is bad news for the average American, who eats approximately 40 teaspoons of the stuff daily.

Health experts fear that an excess of the carbohydrate contributes to heart disease, tooth decay, and obesity. And sugar is pervasive. A single can of soda can contain 10 teaspoons of sugar, while a bowl of sweet cereal has about four.

If the WHO does change the recommended limit, many food companies might have to lower the sugar content in their products.

**Read the whole story**