

Cornell Notes

Source Information (Provide MLA citation)

"Sugar Coating Science: How the Food Industry Misleads Consumers on Sugar (2014)." Union of Concerned Scientists. Web. 21 March 2016.

Key Points/Questions	Notes and Page Numbers
<p>Important health organization have concluded that we eat too much sugar.</p> <p>The most popular food companies have products with the most sugar and use marketing to hide the dangers of sugar.</p>	<ul style="list-style-type: none"> ● The World Health Organization, the American Heart Association, the U.S. Department of Health and Human Services ● All recommend we eat much less sugar than we actually are ● Soda, sweetened beverages, sugary cereals, baked goods, snacks, bread, soup, yogurt, salad dressing ● Billions of dollars spent on advertising ● Marketing practices: have one brand that is low in sugar, and another brand that is higher; use "healthy" words like "fruit" even when there is little or no fruit in the product; use messages that include the idea that sugar is "natural" and it is the consumer's right to choose it. ● "Yet despite the evidence that we need to eat less sugar, we continue to consume far too much of it—encouraged by the aggressive, and often deceptive, marketing strategies of the food and beverage industry." (Paragraph 3)

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