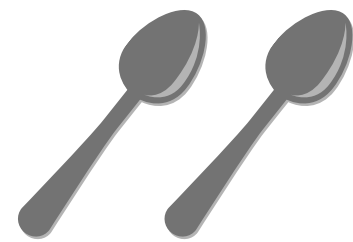


Quanto zucchero consumiamo durante una giornata...



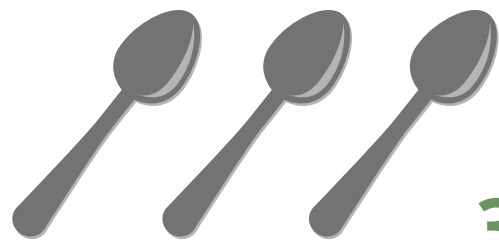
Frutta



2



Spremuta



3



Yogurt
bianco

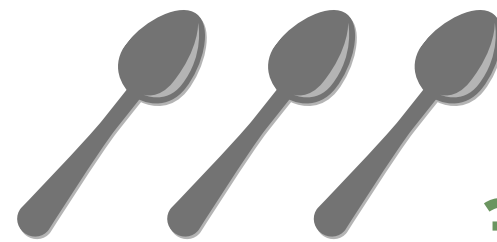


1

...smart



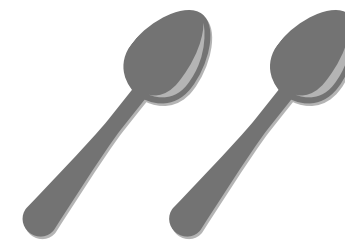
Cioccolato
fondente



3



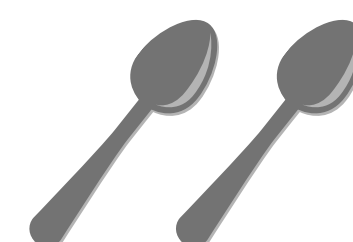
Caffè



2



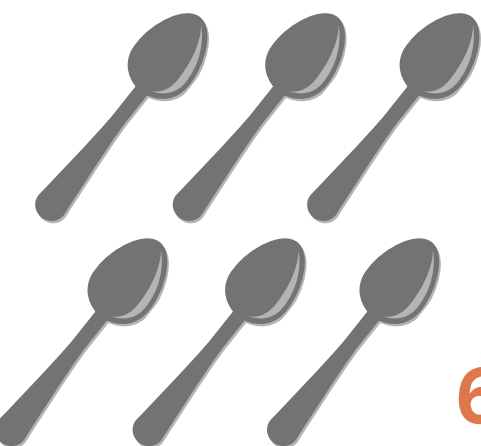
Frutta
disidratata



2



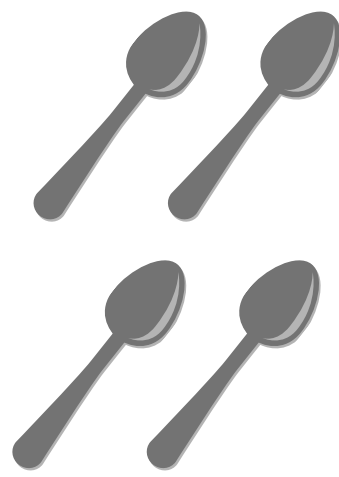
Succo di
frutta



6



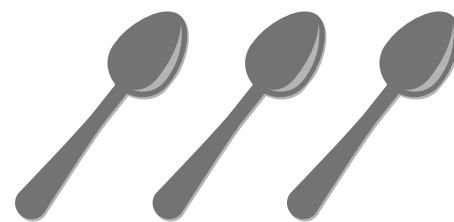
Tè freddo



4



Yogurt
alla frutta

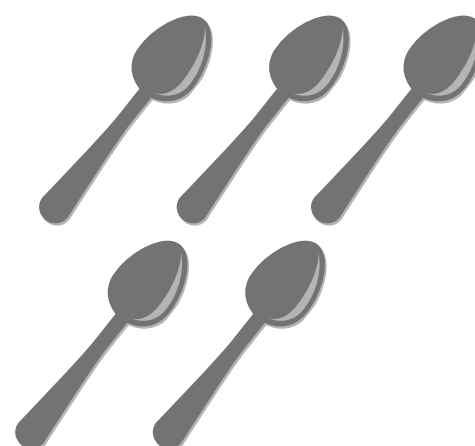


3

...non
smart



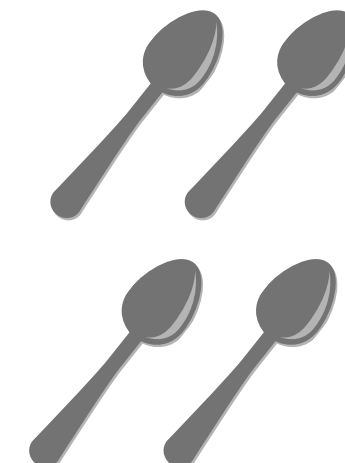
Barretta al
cioccolato



5



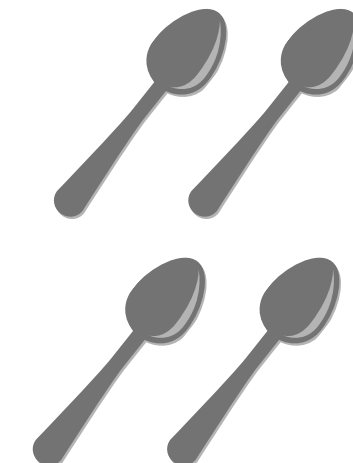
Caffè al
ginseng



4



Caramelle
alla frutta



4

La Società Italiana di
Nutrizione Umana
raccomanda di
limitare il consumo
di zuccheri a <15%
delle calorie
giornaliere.
Prendendo ad
esempio una dieta da
2000 kcal, si
potrebbero
consumare circa 75g
di zucchero, pari a 15
cucchiaini.

 = 5g di zucchero