

Sugar:

- American adults eat 22 teaspoons of sugar a day; teens eat 34 teaspoons:
http://www.msnbc.msn.com/id/32543288/ns/health-diet_and_nutrition/
- The American Heart Association is recommending that women get no more than 6.5 teaspoons of added sugar per day and men get no more than 9.5 teaspoons per day:
<http://thevreelandclinic.wordpress.com/2010/04/21/see-the-amazing-statistics-on-sugar-consumption-in-the-u-s/>

Alcohol:

- Your body processes alcohol first, before fat, protein, or carbs. Thus drinking slows down the burning of fat:
<http://www.shapefit.com/alcohol-calories.html>
- It will take 31 minutes of walking to burn off one beer (12 fl oz) and 19 minutes of walking to burn off one glass of wine (5 oz):
<http://www.annecollins.com/exercise-calories/alcohol.htm>
- In the United States the average bottles of beer someone consumes in one week is 4.4:
<http://snippets.com/how-much-does-beer-consumption-vary-by-country.htm>
- The average American adult drinks the equivalent of 38 6-packs of beer, 12 wine bottles, and 2 quarts of distilled spirits in a year:
http://www.nytimes.com/2007/12/11/science/11angi.html?_r=2

Dining Out:

- Fifty million people in the US are dependent on fast food:
<http://www.sweetadditions.net/food-drinks/fast-food-statistics-in-united-states-of-america>
- Sit-down restaurant foods averaged 18% more calories than the stated values:
<http://www.sciencedaily.com/releases/2010/01/100105100021.htm>
- Monster thick burger at Hardees: serving up 1,420 calories and 107 grams of fat:
<http://www.msnbc.msn.com/id/6498304/>
- Americans eat 18 acres of pizza, on average, every day:
<http://federalbureauofmiscellaneousinformation.com/americans-average-eat-18-acres-pizza-every-day>

Obesity and disease:

- Eight out of 10 over the age of 25 are Overweight:
<http://www.annecollins.com/obesity/statistics-obesity.htm>
- 76% increase in Type II diabetes in adults 30-40 yrs old since 1990:
<http://www.annecollins.com/obesity/statistics-obesity.htm>
- Morbid obesity in the US is the second largest cause of death affecting over 9 million adults:
<http://ezinearticles.com/?The-Worst-That-Can-Happen-Due-to-Morbid-Obesity-is-Going-in-For-Reduced-Life-Expectancy&id=2549519>
- Obesity is more dangerous to health than smoking or drinking:
<http://www.naturalnews.com/021318.html>

Relationship and health:

- In the few short years of marriage, a couple is twice as likely to become obese as are people who are merely dating:
<http://www.time.com/time/magazine/article/0,9171,1907143,00.html>
- Woman gain 18 pounds, while men gain 24 pounds while living together:
http://www.usatoday.com/news/health/2007-10-22-marriage-weight_N.htm
- 26 is the number of calories you burn every minute you kiss someone:
<http://www.themedicalquestions.com/fitness/how-many-calories-do-you-burn-kissing.html>

Eating Disorders:

- One in three of all the dieters in the world develop compulsive eating disorders over the course of a few years:
www.emotionaleatingsolution.com/compulsive-eating-statistics.html
- It's estimated that Body Dysmorphic Disorder affects 1 in 50 people, mostly teenagers and 20-somethings with either a gradual or abrupt onset:
<http://www.healthyplace.com/eating-disorders/peace-love-and-hope/body-dysmorphic-disorder-when-the-mirror-lies/menu-id-1383/>
- Anorexia is the third most common chronic illness among adolescents:
<http://www.state.sc.us/dmh/anorexia/statistics.htm>

Holiday eating:

- The average American gain 7-10 lbs during holidays:
<http://www.obesitypanacea.com/2009/12/holiday-weight-gain-fact-or-fiction.html>
- On Independence Day Americans consume 150 million hot dogs, roughly one for every two people:
http://findarticles.com/p/articles/mi_qn4188/is_20051122/ai_n15847185/
- The average kid consumes 22 pounds of candy, and gain up to 2.2 pounds in the following days from the candy during Halloween:
<http://www.avantnews.com/news/article.php?storyid=162>
- Average Thanksgiving Meal Equals 3,000 Calories and 229 Grams of Fat:
<http://www.acefitness.org/pressroom/392/hard-to-believe-average-thanksgiving-meal-equals-3/>
- A 160 lb. person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles to burn off a 3,000-calorie Thanksgiving Day meal:
<http://www.msnbc.msn.com/id/6560439/>

Breakfast:

- By skipping breakfast you have a 450% chance of becoming obese:
<http://www.transformetrics.com/forum/showthread.php?t=397>
- In teens: Breakfast consumption may improve cognitive function related to memory, test grades, and school attendance:
<http://www.ncbi.nlm.nih.gov/pubmed/15883552>
- Eating breakfast can help give you a mental boost as well as a physical one by leveling off blood sugar:
http://www.diet-blog.com/08/eating_breakfast_keeps_teens_lean.php

Childhood obesity:

- The average American kid spends 25 hours a week watching tv, and sees around 20,000 ads a year for junk food:
<http://www.healthy-eating-made-easy.com/junk-food-facts.html>
- Obese children have 70 percent chances of remaining obese even in their adulthood:
<http://obesity.ygoy.com/overweight-chidren-in-america-childhood-obesity-statistics/>
- The rate of childhood obesity has tripled in the last 30 years:
<http://www.cdc.gov/HealthyYouth/obesity/>

Portion size stats:

- The glass of orange juice grew by more than 40 percent compared to 20 years ago. That translates into 50 additional calories, or a weight gain of five pounds over the course of a year, if consumed on a daily basis:
<http://www.msnbc.msn.com/id/16076842/>
- 2 cups of pasta use to be the norm 20 years ago. Now it is common to see at least 4 cups on your plate at any Italian restaurant:
<http://legacy.co.mohave.az.us/WIC/portionDistortion.htm>
- The average hamburger patty size in the 1950's was 1.6 ounces, in 2003 it was up to 8 ounces:
<http://www.foodtimeline.org/foodfaq5.html>

Exercise:

- 78% of American's not meeting basic activity level recommendations:
<http://web.winltd.com/Article.aspx?PageURL=/Pages/English/healthnews/obesitystats.htm>
- Fifty percent of those who begin an exercise program will drop out with-in six months:
<http://www.exrx.net/Psychology/AdherenceTips.html>
- 40% is how much your body mass is made up of muscle:
<http://yucky.discovery.com/flash/body/pg000123.html>
- The average woman gains strength at a slightly faster rate than the average man. Women are as able as men to develop strength relative to total muscle mass:
<http://www.protraineronline.com/past/may04/stwoman.cfm>
- Average man can do 27 push-ups in a minutes and 1 pull-up.