

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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**STATE SURGEON GENERAL ARMSTRONG APPLAUDS MARS
ENDORSEMENT OF EATING LESS SUGAR**

TALLAHASSEE—Today, State Surgeon General and Secretary of Health Dr. John Armstrong is speaking out about a recent decision by Mars, Incorporated. The company, most famous for making M&Ms, snickers and skittles, has recently come out in support of the World Health Organization and USDA's recommendation for people to limit their sugar intake to less than 10 percent of their daily calories. They are also in support of the FDA's 2014 proposal for food manufacturers to update nutrition labels to include added sugars.

"I want to commend Mars, Incorporated for their recent support of the Dietary Guidelines for Americans to limit public intake of added sugar. Adjusting nutrition labels to list the amount of added sugar in food items will allow all residents, families and communities to make better health decisions as a small step toward achieving healthier weight. I encourage other food companies to make similar decisions that reflect an interest in the well-being of customers."

This move is in line with the Florida Department of Health's Healthiest Weight Initiative. To learn more visit www.healthiestweightfl.com.

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[Healthiest Weight Florida](http://www.healthiestweightfl.com) is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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