



CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.

The American Heart Association recommended daily limit for added sugars:

WOMEN & KIDS*

6

TEASPOONS

25
GRAMS

100
CALORIES

OR LESS



MEN

9

TEASPOONS

36
GRAMS

150
CALORIES

OR LESS

Where to watch for added sugars:



SUGARY DRINKS

- Flavored Milk
- Sports & Energy Drinks
- Soda & Soft Drinks
- Coffee & Tea
- Juice & Fruit Drinks



SWEETENED BREAKFASTS

- Breakfast & Energy Bars
- Granola & Muesli
- Hot & Cold Cereals
- Yogurts
- Smoothies



SYRUPS AND SWEETS

- Syrups
- Honey & Molasses
- Jelly, Jam & Spreads
- Drink Mixes
- Candy



FROZEN TREATS

- Ice Cream & Gelato
- Frozen Yogurt
- Popsicles
- Sherbet & Sorbet
- Frozen Desserts



SWEET BAKED GOODS

- Sweet Rolls & Breads
- Cakes, Cookies & Pies
- Donuts & Pastries
- Snack Foods
- Desserts

How to avoid them:

Always check nutrition facts label & ingredients.

Replace candy & desserts with naturally sweet fruit.

Limit sugary drinks & foods.

Make items at home with less added sugars.

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