

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.

Limit sugary drinks & foods.

Replace candy & desserts with naturally sweet fruit.

Make items at home with less added sugars.