

CUT OUT

ADDED SUGARS!

ADDED SUGARS are sugars that are added to foods and beverages when they're processed or prepared.

Consuming too much added sugar can hurt your health and even shorten your life.



HOW MUCH SUGAR IS TOO MUCH SUGAR?

The American Heart Association recommends these daily limits for added sugars:

MEN

9 TEASPOONS

36 GRAMS

UNDER 150 CALORIES

WOMEN

6 TEASPOONS

25 GRAMS

UNDER 100 CALORIES

KIDS AGES 2+

6 TEASPOONS

25 GRAMS

UNDER 100 CALORIES

Children under 2 should not consume any added sugars)

Watch for ADDED SUGAR at Breakfast

Sugar lurks in Breakfast & Energy Bars, Granola & Muesli, Hot & Cold Cereals, Yogurts, and Smoothies



Watch for ADDED SUGAR in Sauces

Compare sugar content in Syrups, Condiments, Honey & Molasses, Jellies, Jams & Spreads

4 easy ways to AVOID ADDED SUGARS



Always check nutrition facts label and ingredients

Limit sugary drinks and foods



Replace candy and desserts with naturally sweet fruit

Make items at home with less added sugars



Learn more at www.heart.org/HealthyForGood



American Heart Association.
Hard Hats with Heart™