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.