

# 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.