Added sugars are sugars added to foods and beverages when they’re processed or prepared. Consuming too much can lead to disease – and even early death.

THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

WOMEN
6 TEASPOONS
100 CALORIES OR LESS

MEN
9 TEASPOONS
150 CALORIES OR LESS

WHERE DO ADDED SUGARS COME FROM?

DECEPTIVE DRINKS
- Flavored Milk
- Sports & Energy Drinks
- Sugary Soda & Tea
- Sweetened Juice

UNBALANCED BREAKFASTS
- Breakfast & Energy Bars
- Granola
- Sugary Cereal
- Sweetened Oatmeal

SWEET, SWEET SYRUPS
- Coffee Flavors
- Drink Mixers
- Jellies & Jams
- Pancake Syrup

ICE-COLD CANDY
- Ice Cream & Gelato
- Frozen Yogurt
- Fruit-Flavored Popsicles
- Sherbet & Sorbet

BEWITCHING BAKED GOODS
- Bread & Pastries
- Cakes, Cookies & Pies
- Donuts
- Flavored Bagels

EASY WAYS TO AVOID THEM:
- Check nutrition facts label and ingredients
- Choose simple foods over heavily processed ones
- Limit sweets and sugary beverages
- Rinse canned fruits if they are canned in syrup