Added sugars are sugars added to foods and beverages when they’re processed or prepared. Consuming too much may make you sick and may even shorten your life.

THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

**WOMEN**

- 6 TEASPOONS
- 25 GRAMS
- 100 CALORIES OR LESS

**MEN**

- 9 TEASPOONS
- 36 GRAMS
- 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 Hot & Cold Cereals
- Sweetened Yogurt

**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

HOW TO AVOID THEM:

- Check nutrition facts label and ingredients
- Choose simple foods over heavily processed ones
- Limit sweets and sugary drinks
- Rinse canned fruits if they are canned in syrup