

CUT OUT ADDED SUGARS

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

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