

CUT OUT ~~ADDED~~ SUGARS

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