Heart.org/HealthyForGood

Learn more at

contribute additional calories and zero nutrients to food.







control your weight.

just not the exact amount if the product also contains natural alories sugars. otal Fat 49 DID YOU KNOW?

Brown Sugar // Corn Sweetener

WHAT? Added sugars

include any sugars or

caloric sweeteners

that are added to

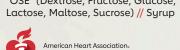
foods or beverages during processing or preparation (such as putting flavored creamer in your coffee or adding sugar to your cereal).

INGREDIENTS TO LOOK FOR:

Corn Syrup // Fruit Juice Concentrates // High-Fructose Corn Syrup // Honey // Invert Sugar // Malt Sugar // Molasses // Raw Sugar //

Sugar // Sugar Molecules Ending in "OSE" (Dextrose, Fructose, Glucose,

Hard Hats with Heart"



Learn more at Heart.org/HealthyForGood





<150 CALORIES

36

<100

TEASPOONS TEASPOONS

MEN WOMEN

THE AMERICAN HEART ASSOCIATION RECOMMENDS THESE DAILY LIMITS FOR ADDED SUGAR:

HOW SUGAR MUCH SUGAR IS TOO MUCH SUGAR?

MHY? Over the past 30 years,

Pat 49

SOLION



Sugars are often added to foods

and beverages when they're

processed or prepared.

Consuming too much added

sugar may make you sick,

and may even shorten your life.

grund buocessing foods or beverages

or adding sugar to your cereal). flavored creamer in your coffee or preparation (such as putting

INGREDIENTS TO LOOK FOR:

2ndar // 2ndar Molecules Ending in Molasses // Raw Sugar // Invert Sugar // Malt Sugar // Corn Syrup // Honey // Concentrates // High-Fructose Corn Syrup // Fruit Juice Brown Sugar // Corn Sweetener

ractose, Maltose, Sucrose) // Syrup "OSE" (Dextrose, Fructose, Glucose,

Hard Hats with Heart"

zero nutrients to food. contribute additional calories and Added sugars function properly.

DID LON KNOW?

control your weight.

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sugars to

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Our bodies

product also contains natural

just not the exact amount if the

if the product contains added sugars,

a blocessed tood's label can tell you

HOW? Reading the ingredient list on

help improve your heart health and

added sugars cuts calories and can

Americans have steadily consumed

to the obesity epidemic. Reducing

more added sugars contributing

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Consuming too much added

brocessed or prepared.

aug penerages when they're

Sugars are often added to foods

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Hard Hats with Heart American Heart Association

LIMITS FOR ADDED SUGAR:

RECOMMENDS THESE DAILY

THE AMERICAN HEART ASSOCIATION

WHY? Over the past 30 years, Americans have steadily consumed

more added sugars contributing

to the obesity epidemic. Reducing

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help improve your heart health and

HOW? Reading the ingredient list on

a processed food's label can tell you

if the product contains added sugars,

CALORIES

DOL>

CRAMS

1EASPOONS

MOWEN

CALORIES

OSL>

CRAMS

92

TEASPOONS

MEN

IS TOO MUCH SUGAR?

HOW TO SPOT AD