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

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD