

CUT OUT ADDED SUGARS



ADDED SUGARS

are sugars that are added to foods and beverages when they're processed or prepared. Consuming too much added sugar can hurt your health and even shorten your life.

WATCH FOR ADDED SUGAR

Sugary drinks

like flavored milk, sports drinks, soda, and juice

Sweetened breakfasts

like hot and cold cereal, yogurt, and smoothies

Syrups and sweets

like honey, jelly, and drink mixes

Frozen treats

like ice cream, popsicles, and frozen desserts

Sweet baked goods

like sweet rolls and bread, cake, cookies, and pastries

HOW MUCH SUGAR IS TOO MUCH SUGAR?

The American Heart Association recommends these daily limits for added sugars:

MEN	WOMEN	KIDS AGES 2+
9 TEASPOONS	6 TEASPOONS	6 TEASPOONS
36 GRAMS	25 GRAMS	25 GRAMS
↓ 150 CALORIES	↓ 100 CALORIES	↓ 100 CALORIES

(Children under 2 should not consume any added sugars)



4 EASY WAYS TO AVOID ADDED SUGARS

1. Always check nutrition facts label and ingredients
2. Limit sugary drinks and foods
3. Enjoy the natural sweetness of fruit.
4. Make items at home with less added sugars



Washington
Food Coalition

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



American
Heart
Association.