

# 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.



## HOW MUCH SUGAR IS TOO MUCH SUGAR?

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

### MEN

**9 TEASPOONS**

**36 GRAMS**

**UNDER 150 CALORIES**

### WOMEN

**6 TEASPOONS**

**25 GRAMS**

**UNDER 100 CALORIES**

### KIDS AGES 2+

**6 TEASPOONS**

**25 GRAMS**

**UNDER 100 CALORIES**

*Children under 2 should not consume any added sugars)*

### Watch for ADDED SUGAR at Breakfast

Sugar lurks in Breakfast & Energy Bars, Granola & Muesli, Hot & Cold Cereals, Yogurts, and Smoothies



### Watch for ADDED SUGAR in Sauces

Compare sugar content in Syrups, Condiments, Honey & Molasses, Jellies, Jams & Spreads

### 4 easy ways to AVOID ADDED SUGARS



Always check nutrition facts label and ingredients

Limit sugary drinks and foods



Replace candy and desserts with naturally sweet fruit

Make items at home with less added sugars



Learn more at [www.heart.org/HealthyForGood](http://www.heart.org/HealthyForGood)



American Heart Association.  
Hard Hats with Heart™