

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

<b>WOMEN</b>	<b>MEN</b>
6 TEASPOONS	9 TEASPOONS
25 GRAMS	36 GRAMS
<100 CALORIES	<150 CALORIES



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

# HOW MUCH SUGAR IS TOO MUCH SUGAR?

## HOW TO SPOT ADDED SUGARS

**WHY?** Over the past 30 years, Americans have steadily consumed more added sugars contributing to the obesity epidemic. Reducing added sugars cuts calories and can help improve your heart health and control your weight.

**HOW?** Reading the ingredient list on a processed food's label can tell you if the product contains added sugars, just not the exact amount if the product also contains natural sugars.

**DID YOU KNOW?** Our bodies don't need sugars to function properly. Added sugars contribute additional calories and zero nutrients to food.

**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:**  
 Brown Sugar // Corn Sweetener  
 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, Lactose, Maltose, Sucrose) // Syrup

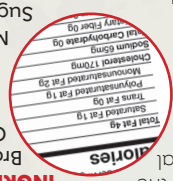


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American Heart Association. **Hard Hats with Heart™**

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## HOW TO SPOT ADDED SUGARS

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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.

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