THE SUGARY SIX

DID YOU KNOW?

Added sugars can be found in these six popular foods and beverages.

1. Regular Sodas, Energy and Sports Drinks
   Just one can of regular soda has about 10 teaspoons of sugar. Water’s a far healthier choice: Try adding slices of cucumber or fruit to boost flavor.

2. Fruit Drinks and Punches
   Sugar-sweetened beverages, including fruit-flavored drinks, are the No. 1 source of added sugars in the U.S. diet. An 8-ounce fruit punch could have 13 grams of added sugar.

3. Candy
   A 1.5-ounce chocolate bar has 21 grams of added sugar — nearly a whole day’s worth for women and kids. Grab some grapes or other fresh fruit, or a handful of nuts, instead.

4. Sweet Baked Goods
   One snack-size, frosted chocolate cream-filled cupcake may have 18 grams (or about four teaspoons) of added sugar. If you indulge, try baking your own goodies and cut the sugar by one-third to one-half.

5. Dairy Desserts and Milk Products
   Two-thirds of a cup of vanilla ice cream could have 18 grams of added sugar. Try fresh fruit instead. Choose unflavored low-fat or fat-free milk. Avoid yogurts with added sugar and try adding fresh berries to plain yogurt instead.

6. Sweetened Breakfast Foods
   Skip the morning sugar high from sweetened breakfast cereals, flavored or sweetened oatmeals, breakfast shakes and cereal bars. A strawberry-flavored cereal bar could have around 12 grams of added sugar. Have fruit or plain oatmeal — or an egg for a protein kick. And cut back on sugar in your coffee or tea.

The American Heart Association advises limiting added sugars daily to no more than:

- 9 TEASPOONS/36 GRAMS for men
- 6 TEASPOONS/25 GRAMS for women and kids*

*Children under 2 years should avoid consuming any added sugar.

For more tips on healthy eating, cooking and recipes: heart.org/HealthyforGood

SweetLeaf is a national supporter of the American Heart Association’s Healthy for Good Movement.