



FOODS AND DRINKS TYPICALLY HIGH IN ADDED SUGAR

- Candy
- Desserts and sweet snacks
- Fruit drinks and juice
- Energy drinks and soda
- Coffee and tea drinks
- Condiments
- Breakfast cereals and bars
- Smaller amounts found in dairy desserts and milk products (ice cream, yogurt)

DAILY ADDED SUGAR RECOMMENDATION FROM THE AMERICAN HEART ASSOCIATION

MEN

9 teaspoons or 150 calories

WOMEN

6 teaspoons or 100 calories

CUTTING BACK ON ADDED SUGAR

It is important to be aware of how much added sugar you are consuming. According to the USDA, the average American consumes about 270 calories of added sugar per day or more than 13% of total calories. The Dietary Guidelines for Americans recommend limiting calories from added sugars to less than 10% of total calories per day.

Too much added sugar may put you at higher risk for different diseases or conditions like:

- Cardiovascular, kidney and liver diseases
- Cognitive problems, including dementia and Alzheimer's
- Colon and Pancreatic cancers
- Diabetes
- Obesity and weight gain
- Retina, muscle and nerve damage
- Cavities and/or tooth decay
- Inflammation
- Skin aging and wrinkles

heart.org/healthyforgood.com

TIPS TO CUT BACK ON ADDED SUGAR IN YOUR DIET

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making smart, small changes by following some of these quick tips:

- **Consume less often or smaller portions** of foods and beverages that are higher in added sugars.
- **Choose whole fruit** (fresh, frozen, dried, or canned in 100% fruit juice) as a snack or dessert.
- **Limit the amount of sugar you add** to foods or beverages when cooking, baking, and eating.
- **Pay attention to the nutrition facts label.** Try to choose foods that are less than 10g of added sugar per serving.