

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

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

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.

Learn more at Heart.org/HealthyForGood

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



 American Heart Association.
Hard Hats with Heart™

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ADDED SUGARS

HOW MUCH SUGAR IS TOO MUCH SUGAR?

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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