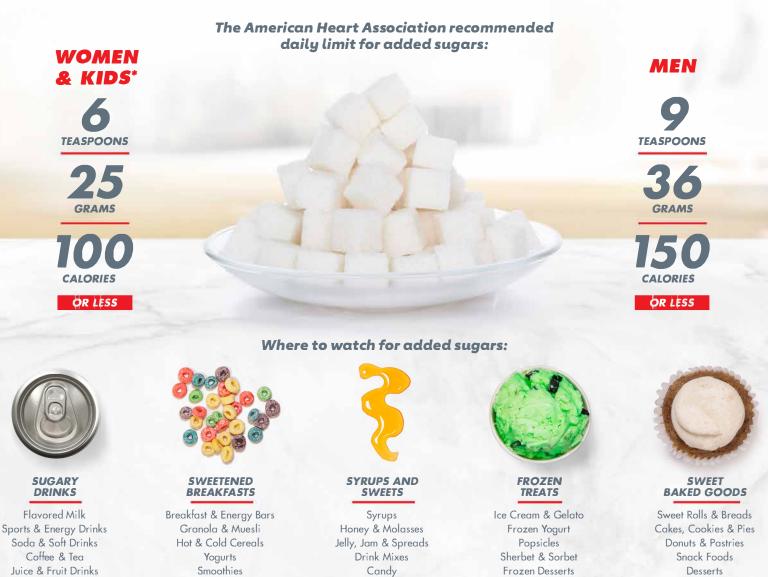


## CUT OUT ADDED SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can hurt your health and even shorten your life.



## How to avoid them:

Replace candy & desserts with naturally sweet fruit.

Make items at home with less added sugars.

Always check nutrition facts label & ingredients. Limit sugary drinks & foods.



LEARN MORE AT HEART.ORG/HEALTHYFORGOOD

\*ages 2+ (children under 2 should not consume any added sugars)