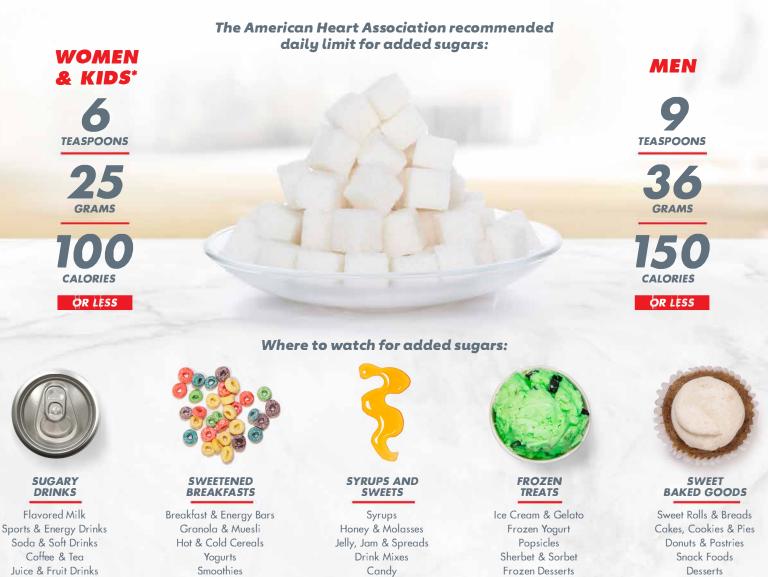


CUT OUT ADDED SUGARS

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)