



American Heart Association.  
**Healthy for Good™**

Locally sponsored by



# CUT OUT ~~ADDED~~ SUGARS

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much may make you sick and may even shorten your life.

**THE AMERICAN HEART ASSOCIATION  
 RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:**

**WOMEN**

**6**  
 TEASPOONS  
**100**  
 CALORIES  
**OR LESS**

**MEN**

**9**  
 TEASPOONS  
**150**  
 CALORIES  
**OR LESS**



**WHERE DO ADDED  
 SUGARS COME FROM?**



**DECEPTIVE  
 DRINKS**

- Flavored Milk
- Sports & Energy Drinks
- Sugary Soda & Tea
- Sweetened Juice



**UNBALANCED  
 BREAKFASTS**

- Breakfast & Energy Bars
- Granola
- Sugary Cereal
- Sweetened Oatmeal



**SWEET, SWEET  
 SYRUPS**

- Coffee Flavors
- Drink Mixers
- Jellies & Jams
- Pancake Syrup



**ICE-COLD  
 CANDY**

- Ice Cream & Gelato
- Frozen Yogurt
- Fruit-Flavored Popsicles
- Sherbet & Sorbet



**BEWITCHING  
 BAKED GOODS**

- Bread & Pastries
- Cakes, Cookies & Pies
- Donuts
- Flavored Bagels

**EASY WAYS TO AVOID THEM:**

- Check nutrition facts label and ingredients
- Choose simple foods over heavily processed ones
- Limit sweets and sugary beverages
- Rinse canned fruits if they are canned in syrup