

subtract

ADDED SUGARS

from your diet

Added sugars are used to increase sweetness in processed or prepared foods and beverages. Too many added sugars in your diet can increase your risk for chronic diseases like heart disease and diabetes.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	32%
Total Carbohydrate 37g	74%
Dietary Fiber 4g	8%
Total Sugars 12g	24%
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CHECK THE LABEL

Keep added sugars to **10%** or less of total daily calories



That equals around **200 CALORIES** or **50 GRAMS** of added sugars per day for the average adult

LOOK OUT FOR SUGAR IN DISGUISE



Added sugars go by many names, such as:

- barley malt extract
- brown rice syrup
- corn syrup solids
- dextrose
- evaporated cane juice
- fructose
- glucose
- high fructose corn syrup
- maltodextrin
- malt syrup
- maltose
- sucrose



LIMIT SWEET TREATS



1. Choose **plain** or **unsweetened** foods and beverages. A little fruit, honey, or jam can go a long way if you still want a sweet flavor.
2. Compare **Nutrition Facts labels** and **ingredient lists**, even on foods that don't necessarily taste sweet. You may be surprised how many foods contain added sugars!
3. **Gradually reduce** the amount of candy, baked goods, soda, sports/energy drinks, and sweetened coffee beverages you consume. Enjoy these as occasional special treats.