



## THE SUGARY SIX

# DID YOU KNOW?

Added sugars can be found in these six popular foods and beverages.

1



### Regular Sodas, Energy and Sports Drinks

Just one can of regular soda has about 10 teaspoons of sugar. Water's a far healthier choice: Try adding slices of cucumber or fruit to boost flavor.

2



### Fruit Drinks and Punches

Sugar-sweetened beverages, including fruit-flavored drinks, are the No. 1 source of added sugars in the U.S. diet. An 8-ounce fruit punch could have 13 grams of added sugar.

3



### Candy

A 1.5-ounce chocolate bar has 21 grams of added sugar — nearly a whole day's worth for women and kids. Grab some grapes or other fresh fruit, or a handful of nuts, instead.

4



### Sweet Baked Goods

One snack-size, frosted chocolate cream-filled cupcake may have 18 grams (or about four teaspoons) of added sugar. If you indulge, try baking your own goodies and cut the sugar by one-third to one-half.

5



### Dairy Desserts and Milk Products

Two-thirds of a cup of vanilla ice cream could have 18 grams of added sugar. Try fresh fruit instead. Choose unflavored low-fat or fat-free milk. Avoid yogurts with added sugar and try adding fresh berries to plain yogurt instead.

6



### Sweetened Breakfast Foods

Skip the morning sugar high from sweetened breakfast cereals, flavored or sweetened oatmeals, breakfast shakes and cereal bars. A strawberry-flavored cereal bar could have around 12 grams of added sugar. Have fruit or plain oatmeal — or an egg for a protein kick. And cut back on sugar in your coffee or tea.

The American Heart Association advises limiting added sugars daily to no more than:



**9 TEASPOONS/  
36 GRAMS  
for men**



**6 TEASPOONS/  
25 GRAMS  
for women and kids\***

For more tips on healthy eating, cooking and recipes: [heart.org/HealthyforGood](http://heart.org/HealthyforGood)



Sweetleaf is a national supporter of the American Heart Association's Healthy for Good Movement.

\*Children under 2 years should avoid consuming any added sugar.