

Check the Sweet in What You Eat

Adults and children should aim to have less than 10% of their total daily energy intake be added or processed sugars. That's only about 100–150 calories and 25–36 grams per day for a 2,000 calorie diet.



Excess sugars convert to fat.
Limiting sugar intake can help you
control your weight.



It contributes to higher rates of
tooth decay.



Too much sugar could increase your risk
for fatty liver disease, which is a leading
cause of liver transplants.

Less than 10% of your
energy intake should be
from added sugars.

90%

10%

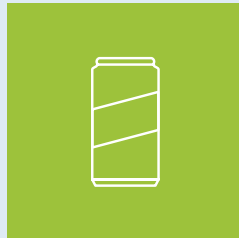
One tablespoon of ketchup can have 4 grams (about 1 teaspoon) of sugar!



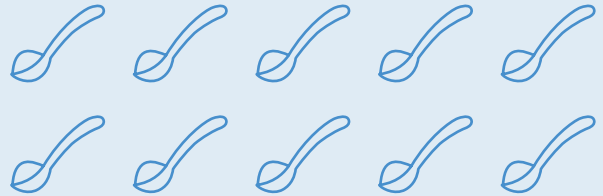
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One can of sugar-sweetened pop can have 40 grams (about 10 teaspoons) of sugar!



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So Where Do I Start?

Here are a few ways to help manage your sugar intake:

1. Check those labels!

Sugar is hiding in places you might not think, like pre-made pasta sauces and condiments like ketchup and BBQ sauce.

2. Avoid sugary pops/sodas, juices, and energy drinks.

Instead, try adding a splash of fresh fruit juice to sparkling water.

3. Manage your portions.

Sharing desserts is a great way to still satisfy your sweet tooth without overindulging.

4. If you can, try to cook at home rather than eating out or buying prepackaged food.

Then you can control how much sugar is in your meal.

Sources: World Health Organization, 2015; WebMD, 2020; American Heart Association, 2020

*<https://www.cdc.gov/nutrition/strategiesguidelines/nutrition-facts-label.html>

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 240mg **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 those labels!*

Watch out for added sugars.

