

CUT OUT

Added Sugars

The American Heart Association recommended daily limit for additional sugars:

Women & Kids

6

teaspoons

25

grams

100

calories

Men

9

teaspoons

36

grams

150

calories

Photo Credit: Canva

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 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.

Healthy Tip
Look for foods with no added sugar

If a food has added sugar, you will see one of these words in the ingredients.

NAMES FOR ADDED SUGAR

- Any word that ends in -ose (fructose, dextrose, sucrose, maltose, lactose, glucose)
- Brown sugar
- Corn sweetener
- Corn syrup
- High-fructose corn syrup
- Honey
- Malt sugar
- Molasses
- Raw sugar
- Syrup



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