

The Truth About Sugar



WOMEN SHOULD HAVE

25g

OF SUGAR PER DAY

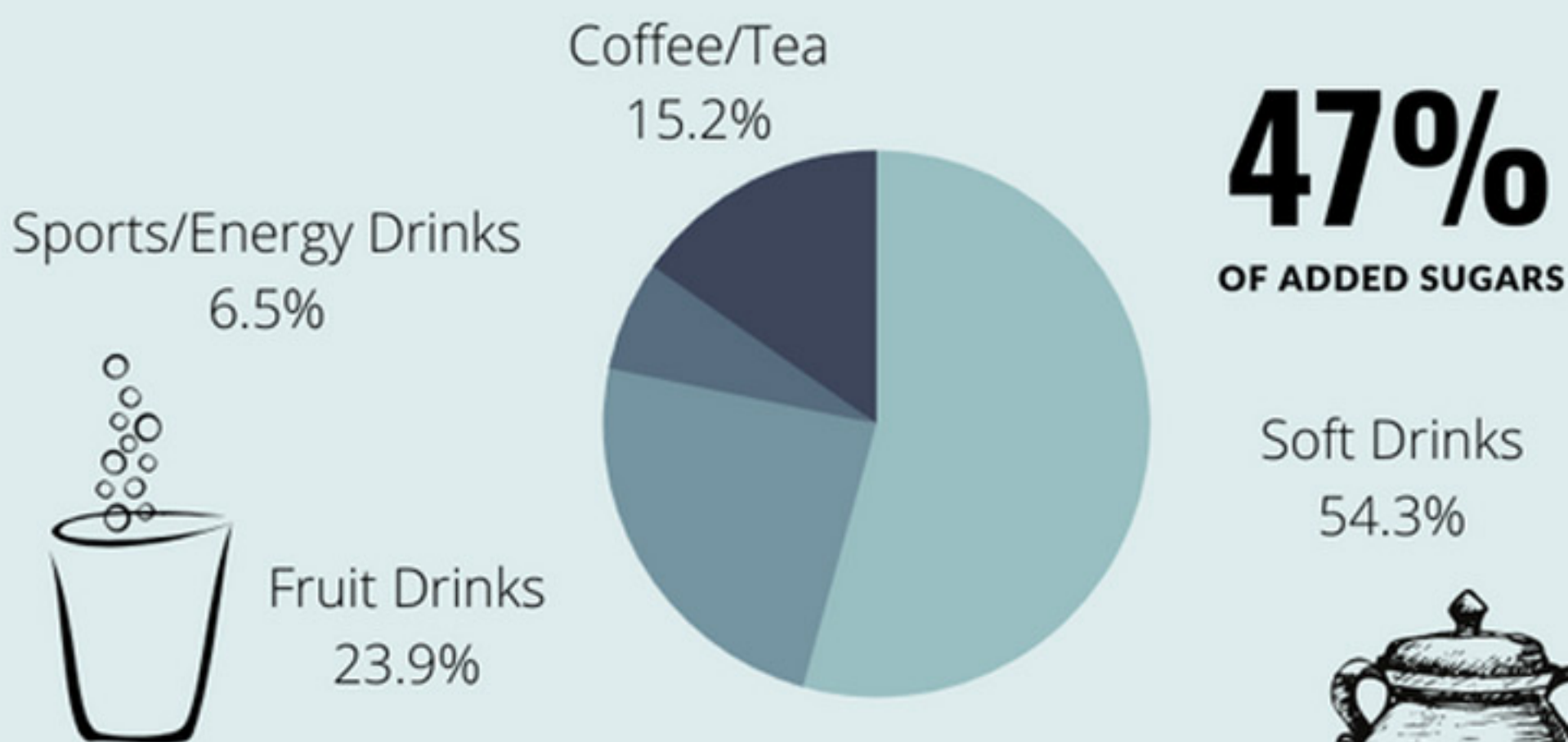
MEN SHOULD HAVE

36g

OF SUGAR PER DAY



Beverages are the leading category of added sugars



A Healthy Diet:

It is recommended for no more than 10% of our daily calorie intake to come from added sugars.

10% IS ABOUT

200

CALORIES

OR

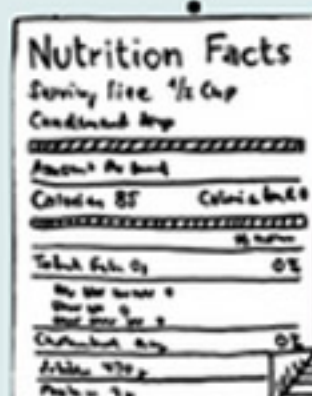
200 CALORIES IS

50

GRAMS

How to Find Added Sugars:

Check the nutrition labels!
 Look at the list of ingredients, if sugar is one of the top 3 ingredients, it may be added sugar.
 Watch for other names for added sugar like cane sugar, honey, brown sugar, fructose, sucrose, glucose, crystalline sucrose, nectars and more.



Calories per serving



Chocolate cake: 196 calories



Favored Cereal: 48 calories



Soda :126 calories



Yogurt: 72 calories