

SUGAR

occurs naturally in some foods, but too many **ADDED SUGARS CAN HARM YOUR HEALTH**. These sugars are added to foods or drinks when processed or prepared.

ADDED SUGARS INCREASE CALORIES but provide **NO NUTRIENTS**.



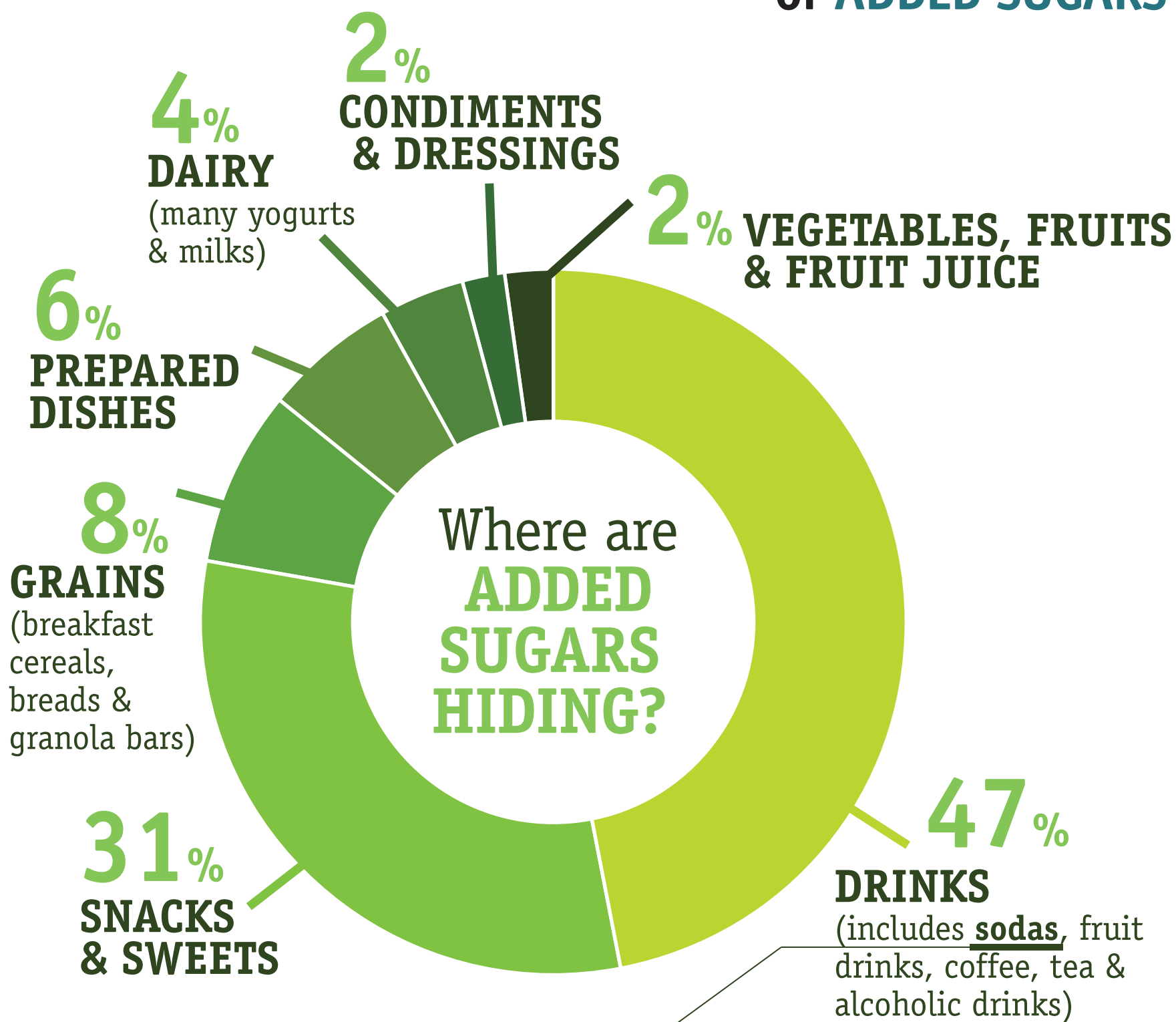
ON AVERAGE

Americans consume **17** teaspoons of **ADDED SUGARS** each day.

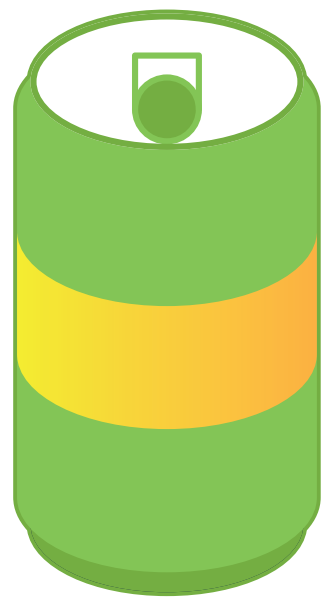
HOW MUCH SUGAR SHOULD YOU CONSUME?

Try to limit **ADDED SUGARS** to **LESS THAN 10% OF YOUR DAILY CALORIES**.

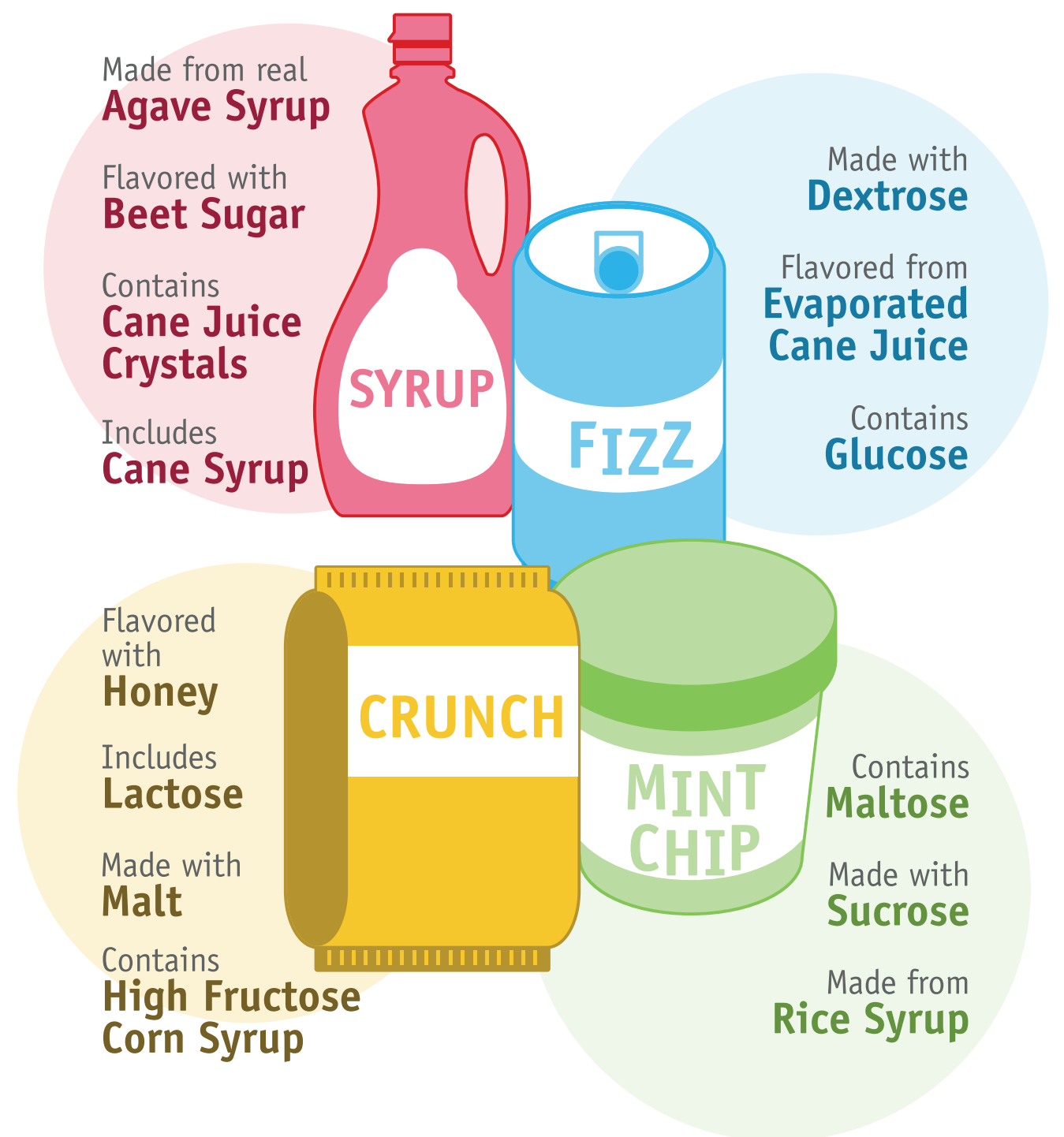
1 gram = 4 calories
4 grams = 1 teaspoon



1 can of soda
= up to **40 grams** of sugar
= up to **160 calories**



COMMON NAMES For ADDED SUGARS



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/Sugars](https://www.cardiosmart.org/Sugars) to learn more about making healthier choices.

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