



## What Was John's Daily Intake of Added Sugar

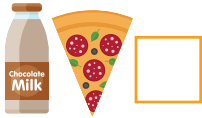
### Breakfast




### Drinks




### Lunch




### Snacks




**Total =** \_\_\_\_\_

**Can John Eat Less Added Sugar?  
Help John Make a Swap by Drawing  
a Line From His Choice to a  
Better One Below!**

$$3 + \square + \square + \square = \square$$

Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Teaspoons Added Sugar

$$\square + \square + \square + \square = \square$$

Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Teaspoons Added Sugar

$$\square + \square + \square + \square = 11$$

Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Number of Teaspoons Added Sugar      Teaspoons Added Sugar

# Sugar Wise



## What are added sugars?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. Naturally occurring sugars such as those in fruit or milk are not added sugars.

Added sugars are called by many different names. Examples of added sugars seen on ingredient labels, include brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.

## Americans should limit their added sugars consumption

Americans should keep their intake of added sugars to less than 10% of their total daily calories as part of a healthy diet. For example, in a 2,000 daily calorie diet no more than 200 calories ((or no more than 12 teaspoons) should come from added sugars. Children ages 5 – 7 should limit their intake to 5 teaspoons.

Reducing the amount of sugary drinks and sugary foods each day and replacing these with plain water and fruit might be a good way to reduce added sugars intake.

## Added Sugar

0	0	0	0	0	0	0	0	1.5	1.5
1 Apple	1 Orange	Pineapple 1 Cup, Chunks	Fruit Bowl®	Raw Broccoli .5 Cup Chopped	1 Banana	2 Carrots	Corn Ear on the Cob	Turkey Sandwich Whole Grain Bread	Bagel Whole Grain
0	10	7	10	9.5	2.5	17	3	2	3.25
Bottled Water	Cola Bottle 16 Fluid Oz	Flavored Milk 1 Cup	Energy Drink 1 Can	Fruit Juice 1 Cup	Light Yogurt 1 Cup	Milk Chocolate 112 Gram Bar	Cereal 1 Bowl	Pepperoni Pizza 1 Slice Large	Donut With Frosting

