

# Added Sugars



Consume less than 10% per day from added sugars.

- If you eat 2000 calories per day than the added sugar consumption should be less than 200 calories per day or 50g of sugar [about the same amount of added sugar in a 12-0z bottle of soda]
- 1 tsp of sugar = 4g of sugar (16 calories)



Biggest sources of added sugars:

- Regular soda, Sugared beverages, Most sports drinks, Energy drinks
- Cookies, Candies, Cake, Pies, Ice cream



Hidden sources of added sugars:

- Flavorings added to coffee, tea or other beverages
- Cereals and Snack bars
- Flavored yogurts