
ADDED SUGARS

Add fruits and vegetable to each meal!

Quick Added Sugar Facts:

- One 12-ounce soda can have about 40 grams of sugar. That's almost a full day's supply of added sugar. Kid-sized sodas at most fast food places are 12 ounces — the same amount as that can of soda!
- Sweetened iced tea contains a surprising amount of sugar, roughly 22 grams per cup. Most bottles contain a couple cups or more, which in turn makes it easy to consume a day's supply of sugar in one bottle of iced tea.
- Sweet treats are not only high in sugar but they are also high in calories. The average large cookie contains over 400 calories and a day's supply of added sugars.

Daily Sugar Allowance:

The Dietary Guidelines for Americans advise people to keep added sugars to no more than 10% of their daily calories. To find how much sugar that is for you, first you need to find your daily calorie intake. A 2,000-calorie-per-day eating pattern is pretty typical, so let's use that as a base number. 10% of 2,000 is 200 calories each day.

Some people prefer to calculate their sugar needs in grams. To do that, divide the daily total calories from sugar by 4 (calories/gram). For a 2,000-calorie diet, the max is 50 grams.

Just for kicks, let's set that out in teaspoons too. There are 4 grams of sugar in a teaspoon. This means that the daily cap is set at roughly 12 teaspoons of added sugars per day.

