

SUGAR MATH

A healthy diet should include no more than

10%

of calories from added sugars



This is about **200** calories for the average person

...or **50** grams



50 grams is about **12** teaspoons



1 teaspoon = about **4** grams



It can add up quickly from...



Beverages
33 grams



Candy
27 grams



Desserts
27 grams

