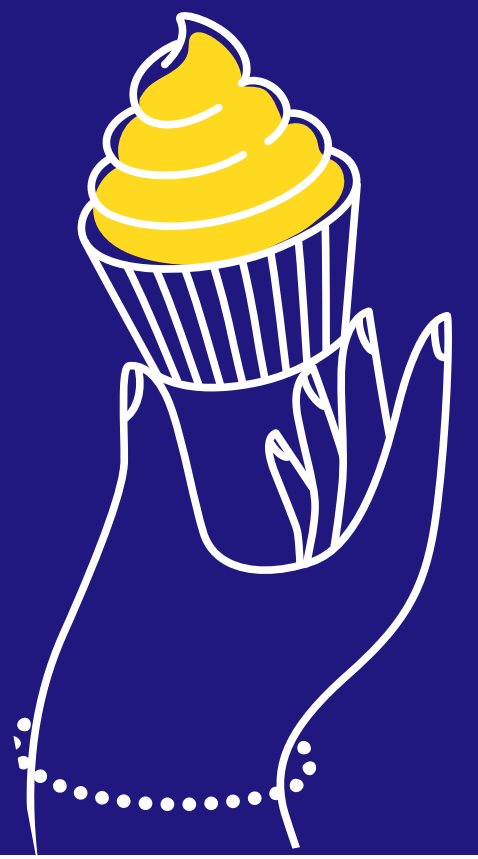


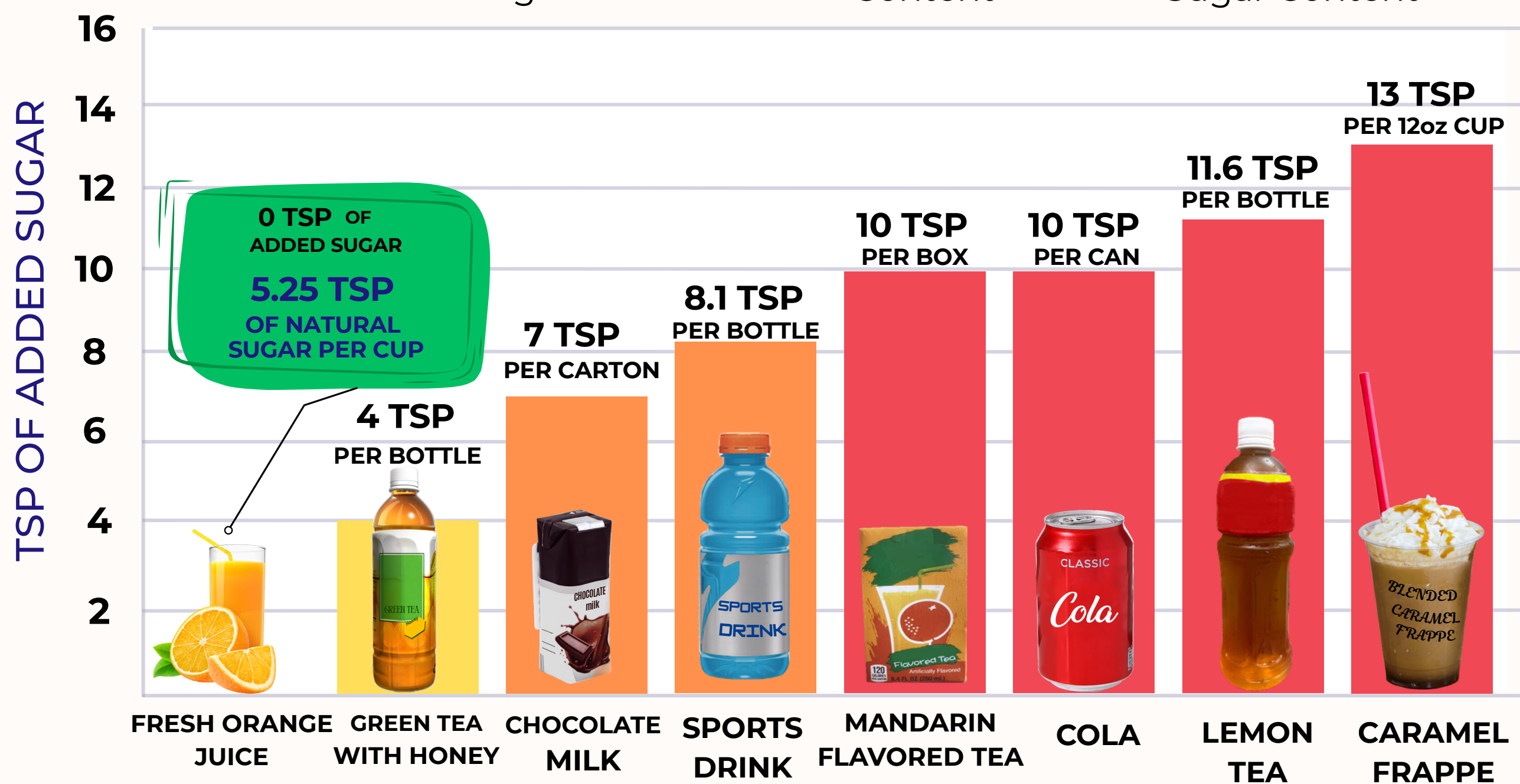
LIMIT THE SUGAR YOU DRINK



Daily Added Sugar Tracker

How Much Added Sugar Are You Drinking?

LEGEND: Moderate Sugar Content High Sugar Content Very High Sugar Content



RECOMMENDED DAILY LIMIT

Less than
6 TEASPOONS
of added sugar
per day

1 tsp ≈ 4 g of sugar

DID YOU KNOW?

Sugary drinks are the leading source of added sugar.



Too Much Added Sugar Can Increase Risk Of:

- Type 2 Diabetes
- Risk of heart disease
- Tooth decay
- Weight gain
- Energy crashes
 - Sugar highs and lows

A Teaspoon of Advice:



Cut down slowly. Use half the sugar you normally add, and your tastebuds will adjust over time.

Your body will thank you!



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