

ADDED SUGAR

KIDS 4-5 YEARS OLD

Limit added sugar to no more than 3 teaspoons per day



PRETEEN AND TEENS

Limit added sugar to no more than 4-8 teaspoons of added sugar per day



3 TEASPOONS OF SUGAR IS 1 LITTLE DEBBIE MUFFIN



4 TEASPOONS OF SUGAR IS 1 1/2 GOGURT

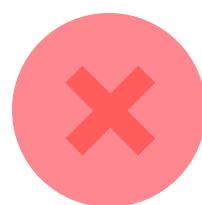


5-8 TEASPOONS OF SUGAR IS 1/2 TO 3/4 OF A CAN OF COKE



SUGAR SUBSTITUTES TO AVOID

- Aspartame (NutraSweet, Equal)
- Sorbitol
- Sucralose (Splenda)
- Acesulfame Potassium
- Saccharin (Sweet N Low)



NATURAL SWEETENERS TO USE IN MODERATION



- raw honey
- coconut sugar
- stevia
- maple syrup
- dates
- ripe bananas

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