

HEALTHY KIDS ARE SWEET ENOUGH

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.



less than six...

tsp

tsp

tsp

tsp

tsp

tsp

Source: American Heart Association statement: Added Sugars and Cardiovascular Disease Risk in Children

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. Unauthorized use prohibited. 3/20DS15984



American
Heart
Association.