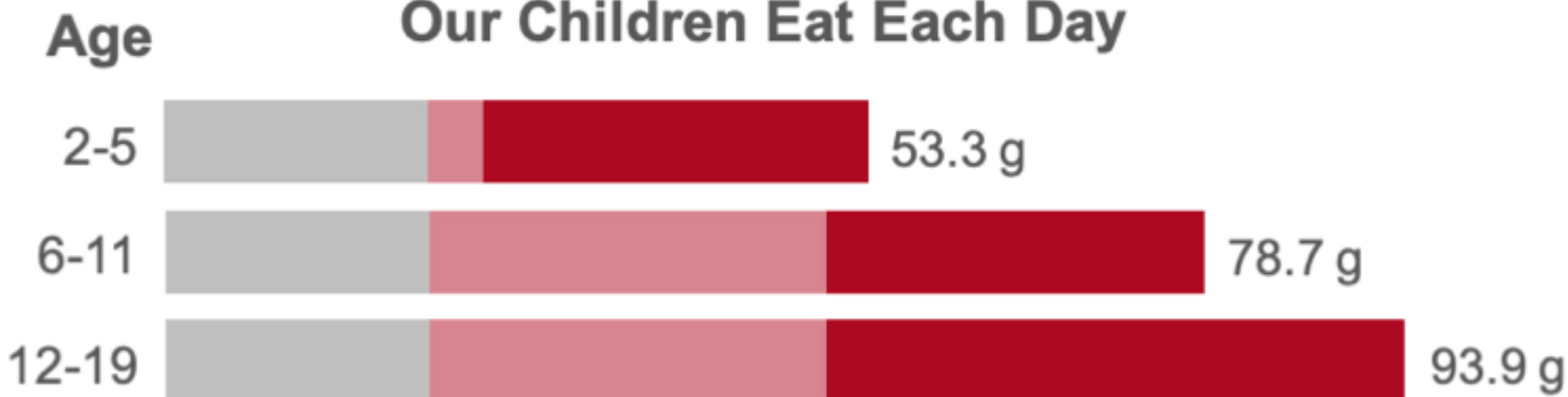


# The Added Sugar Our Children Eat Each Day



0 cup



1/4 cup



1/2 cup

- = Actual intake of added sugar
- = US Dietary Guidelines recommended daily upper limit of added sugar
- = American Heart Association recommended daily upper limit of added sugar
- = 1 teaspoon sugar = 4 grams of sugar