



# Be Sugar Smart

## LIMITING ADDED SUGARS CAN IMPROVE HEALTH

### THE PROBLEM:

Americans consume too much added sugars,\* which can put their health at risk.



**3 in 5**  
Americans

aged 2 years and older exceed the recommendation to consume less than 10% of their total daily calories from added sugars on a given day.

### MAIN SOURCES OF ADDED SUGARS:

#### Drinks

**24%** from sugary drinks (such as soft drinks, fruit drinks, sports, and energy drinks).

**11%** from coffee and tea (either sweetened before sale or added later).



#### Foods

**19%** from desserts and sweet snacks.



**9%** from candy and sugars.



**7%** from breakfast cereals and bars.



**ONE 12-OUNCE**  
can of regular soda

contains about

**10 TEASPOONS**  
of added sugars



**160 CALORIES**

For a person consuming 2,000 calories a day, one soda contains nearly the maximum amount of added sugar that should be consumed in a day.

On average,  
each day:



Adult men consume  
**19 tsp of added sugars**



Adult women consume  
**15 tsp of added sugars**



\*Added sugars are sugars and syrups put in food or drinks when they are processed or prepared. Soda and packaged cookies are processed examples. Putting sugar in tea is an example of a prepared drink. Added sugars contribute calories but no other nutritional value.

### DID YOU KNOW?

Consuming too many sugary drinks is associated with:

**Weight gain and obesity**



**Type 2 diabetes**



**High blood pressure**



**Tooth decay**



### RECOMMENDATIONS:

According to the Dietary Guidelines for Americans:



Children under 2 should not have any added sugars in their diet.



People 2 years and older should keep added sugars to less than 10% of their total daily calories. For example, if an adult consumes 2,000 calories a day, no more than 200 calories should come from added sugars (or about 12 tsp).

## Nutrition standards: A strategy to improve health



**Places where foods are sold or served** can improve the availability, promotion, and consumption of healthier foods and drinks by following food and nutrition standards in the **Food Services Guidelines**. Examples include:

- **OFFER** a variety of at least 3 fruit options daily, with no added sugars.
- **PROVIDE** free access to chilled drinking water.
- **OFFER** low-fat milk and fortified soy drinks with no added sugars.
- **OFFER** 100% juice with no added sugars.



**Early Care and Education (ECE) settings** can support healthy eating and drinking habits in young children by following the **Caring for our Children Child Care Standards**.

- **AVOID** high-sugar foods and sugary drinks, including candy, cake, cookies, sodas, fruit drinks, and sports and energy drinks.
- **ENSURE** access to drinking water and other healthier drinks in ECE programs:
  - Human milk and/or iron-fortified infant formula for infants 0-12 months of age. Unflavored whole milk for children 1-2 years of age.
  - Unflavored low-fat (1%) or fat-free milk for children 2 years and older.
  - No more than 4-6 oz of 100% juice per day for children 1-6 years of age.

## Support people to rethink their drink



**Drinking enough water every day is good for overall health.**

Water has zero calories. Replacing sugary drinks with unsweetened water can help reduce the amount of added sugars people drink.

### Offer healthier drink options



- Unsweetened coffee or teas, sparkling water, seltzers, and sugar-free flavored waters.

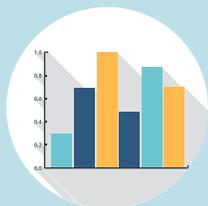


- Low-fat milk and fortified soy beverages with no added sugars.



- 100% fruit or vegetable juice.

## CDC WORKS TO SUPPORT HEALTHY NUTRITION BY:



**Providing data on consumption of added sugars** in the United States to better inform programs and policies.



**Funding and supporting states and communities** to implement nutrition standards that can help reduce intake of added sugars.



**Providing resources and information** to early care and education providers to help reduce high consumption of added sugars among US children.



**Educating the public** by implementing mass communication and social media campaigns to reduce high consumption of added sugars, including those from sugary drinks.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:  
Division of Nutrition, Physical Activity, and Obesity  
[www.cdc.gov/nccdphp/dnpao](http://www.cdc.gov/nccdphp/dnpao)

<https://www.cdc.gov/nutrition/data-statistics/be-sugar-smart.html>