



# Developing Healthy Habits With Less Sugar

Young children have small tummies, but big nutrition needs! Children often eat and drink too many added sugars, which are sugars and sweetening syrups that are added to foods or drinks when they are made.

Adults can help by making sure meals and snacks include foods and drinks that are lower in added sugars. This can help children learn to love a variety of flavors, not just what's sweet.

## How Do I Find the Amount of Added Sugars in a Food?

Limit added sugars in your family's diet as much as possible by choosing foods and drinks that are lower in added sugars. You can find "Added Sugars" on the Nutrition Facts label on the food package. Children ages 2–4 years should get less than 25–35 grams (g) of added sugars per day. One 12-ounce can of soda, lemonade, or fruit drink has up to 60g of added sugars.

Use the [MyPlate Plan](#) to find an eating plan that is right for your child.

### Total Sugars = Added Sugars + Naturally Occurring Sugars

Some foods naturally contain sugars. Examples include milk and fruits. These foods also provide important nutrients, like vitamins and minerals. Low-fat unflavored milk and fruits are part of a healthy eating pattern.



### Top Sources of Added Sugars for Americans (age 1 and older)\*



Sugar-Sweetened Beverages



Desserts and Sweet Snacks



Candy and Sugars

\*Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.

### Nutrition Facts

About 7 servings per container	
<b>Serving size</b>	<b>3/4 cup(170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 60mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 14g	

Includes 10g Added Sugars

## What About Fruit Juice?

Most of the time, choose whole fruits (cut into thin slices or bite-size pieces to reduce the risk of choking in young children) instead of juice. While 100% fruit juice does not contain added sugars, juices lack the fiber that is found in whole or cut-up fruits. If your child does drink juice:

- Choose 100% juice.
- Offer a small serving, up to 4-6 fluid ounces ( $\frac{1}{2}$ – $\frac{3}{4}$  cup) per day.

## How Is Child Care Reducing Added Sugars?

We are working hard to make sure every bite counts at child care, so your child gets the nutrition needed to learn, play, and grow. We are offering:

- Cereals and yogurts that are lower in added sugars.
- Only unflavored milk to children 5 years old and younger.
- Grains that have fewer added sugars. For example, donuts, cookies, and pastries are not offered.
- Water to drink between meals.
- Non-food items, instead of sweets, to help celebrate successes.

### Be a Taste Explorer

What tastes can you recognize? Color ones you have tried.

