

KIDS & SUGAR

The latest from the American Heart Association

How Much Sugar Is That?

Six teaspoons is not very much sugar. Roughly the same as 25 grams or 100 calories, you can find 6 teaspoons of added sugars in...

- Almost 1 cup of vanilla ice cream
- Half of the container of a typical sports drink
- Roughly one traditional chocolate bar
- Just over two apple cereal bars

Healthy Choices:

According to a lead author of the study, "Children who eat foods loaded with added sugars tend to eat fewer healthy foods, such as fruits, vegetables, whole grains and low-fat dairy products that are good for their heart health." Choose those foods instead of sugary alternatives.

No More Than 6 Teaspoons:

A new statement from the American Heart Association advises all kids from age 2 to 18 to consume no more than 6 teaspoons of added sugars per day. Children under the age of 2 should consume no added sugars at all.

According to the study, "Associations between added sugars and increased cardiovascular disease risk factors among US children are present at levels far below current consumption levels. Strong evidence supports the association of added sugars with increased cardiovascular disease risk in children."

