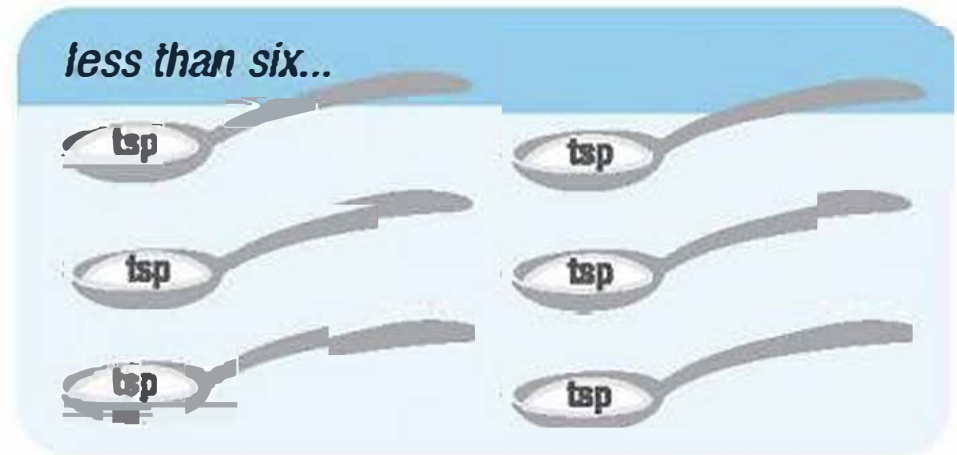


HEALTHY KIDS ARE SWEET ENOUGH

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



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