



Limiting Added Sugars for Healthier Habits

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 do not include 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. Added sugars may also appear on ingredient labels under many different names. Some names include high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses.

Naturally Occurring Sugars in Foods

Some foods naturally contain sugars. Examples include plain milk and fruits. These foods also provide important nutrients, like vitamins and minerals. Plain 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

*Data Source: Scientific Report of the 2025 Dietary Guidelines Advisory Committee

Vanilla Yummy Yogurt Nutrition Facts

About 7 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **130**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 60mg **5%**

Total Carbohydrate 17g **6%**

Dietary Fiber <1g **3%**

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 drinks juice:

- Choose 100% juice.
- Offer a small serving of up to 4-6 fluid ounces ($\frac{1}{2}$ – $\frac{3}{4}$ cup) per day.
- Dilute juice with regular or sparkling water.

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

Which tastes have you tried? Color them in!

