

# Decrease the Amount of Sugar in Your Family's Diet

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Many American families eat too much sugar. It is not healthy. Parents know that desserts, cereals, candy and soda contain large amounts of sugar. What they may not know is that sugar is also added to foods that seem healthy.

Yogurt, breads, granola and cereal bars include added sugar. Even soup, pasta sauce and canned fruit may contain extra sugar. *Children between the ages of 2 and 18 should consume less than 6 teaspoons, or 25 grams of added sugar a day.*

1. Make sweets a special treat.
2. Avoid sugary drinks. Drink water and low-fat milk instead.
3. **Read food labels.** Learn which products contain added sugar like fructose, dextrose and corn syrup.
4. Eat less processed foods.
5. Eat more fruits, vegetables and whole grains.

Making healthy changes takes time. Do not give up. Your small steps will lead to healthy eating for life.

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*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



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Revised 2017

