

Low-Sugar Shopping

Here are the recommended amounts of daily sugar intake:

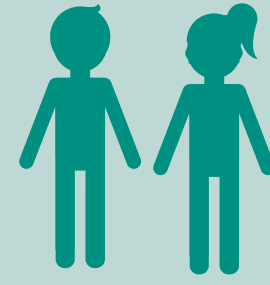
No more than



36
grams



25
grams



25
grams

of added sugar per day

Parents:

Cereals and yogurts are packed with hidden sugar!
Here are some tips to find healthier alternatives.

Cereal

Choose cereals with a **short ingredient list**.

Cereals that are **high in fiber** are typically lower in sugar content.

Check the top shelf of the cereal aisle to find low-sugar cereals.



Yogurt

Look for yogurts with **7 grams of sugar or less**.

Double-check flavored yogurts for **added sugar content** — including those with fruit fillings.



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