

# Low-Sugar Shopping

Here are the recommended amounts of daily sugar intake:

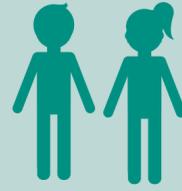
No more than



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.