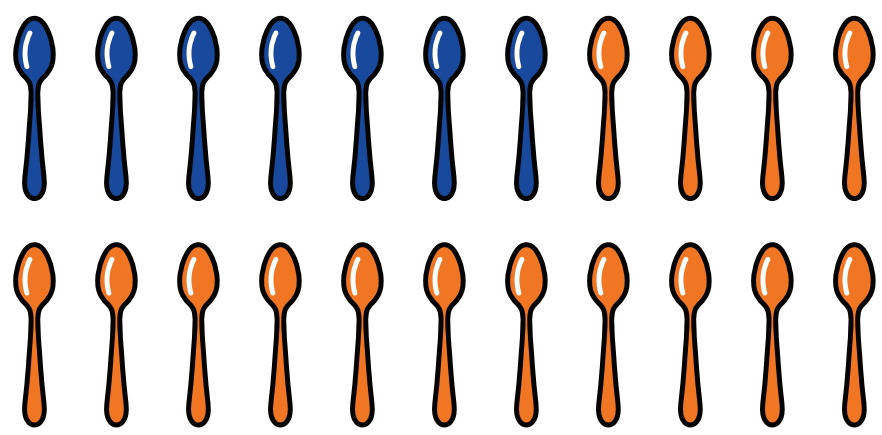


The average American diet includes

15% of daily calories from added sugars.

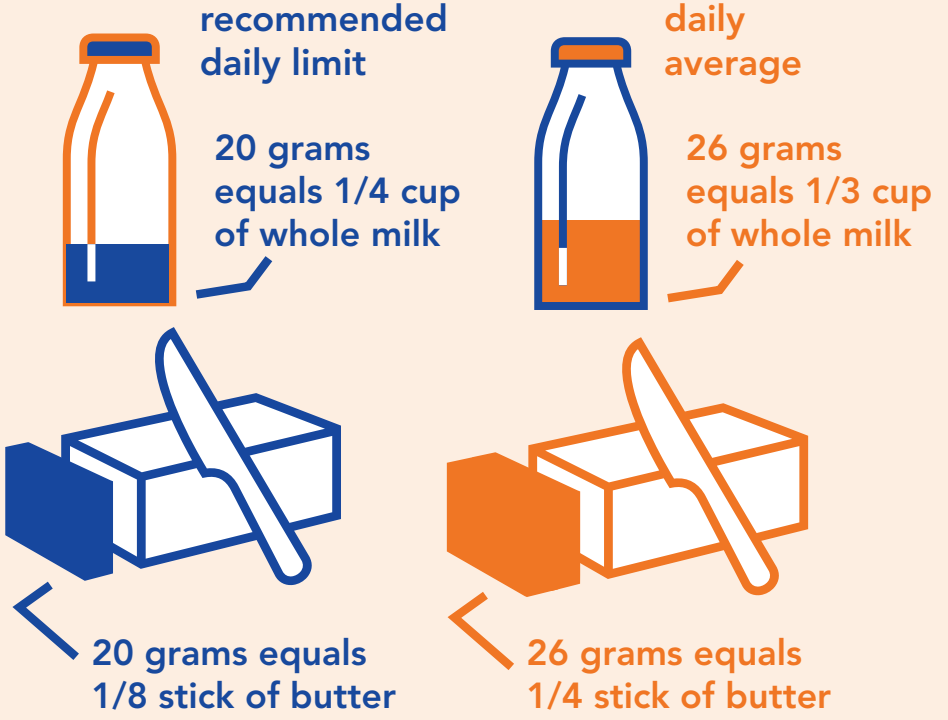
That equals 22 teaspoons of sugar per day. The recommended daily limit is seven teaspoons per day, or less than 10% of your total daily calories.



Healthy tip: Limit added sugars to lower your risk of diabetes and heart disease. Choose foods with natural sugars, like fruit.

26 grams of saturated fats per day

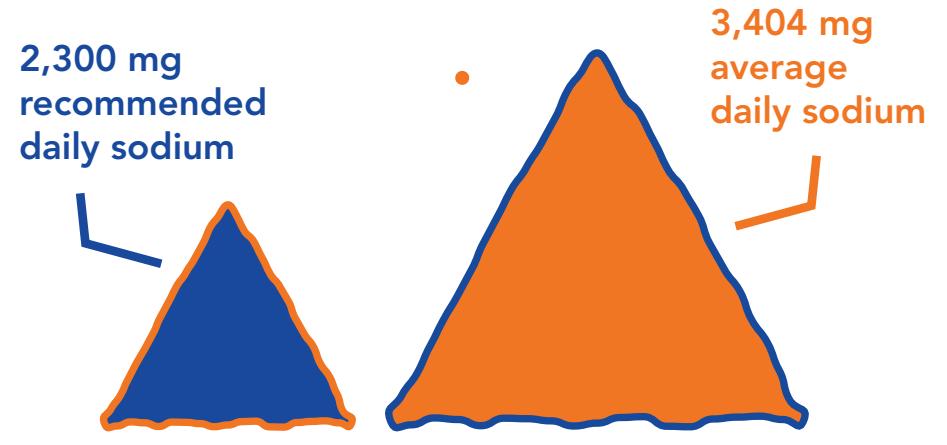
16 to 22 grams is the recommended daily limit.



Healthy tip: Foods with unsaturated fats, like oily fish, walnuts and avocados, can actually reduce your LDL cholesterol.

48% more sodium

per day than the maximum daily recommended amount.



Healthy tip: Substitute herbs and spices for salt to lower sodium in your meals.

Sources: Center for Disease Control and Prevention, National Institutes of Health, choosemyplate.gov. U.S. Food and Drug Administration