**Sugar**

Why do we need sugar?

American Heart Association’s recommendations:

Men – grams/day, teaspoons/day, calories/day

Women – grams/day, teaspoons/day, calories/day

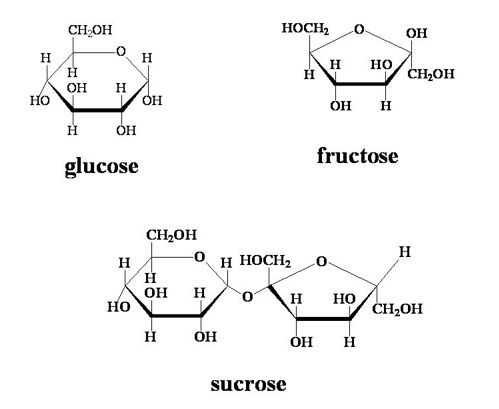


= grams of sugar

= teaspoons of sugar

How many calories per year? \_\_\_\_\_\_\_

Which is the good sugar?



Circle what sugar does to our bodies:

