

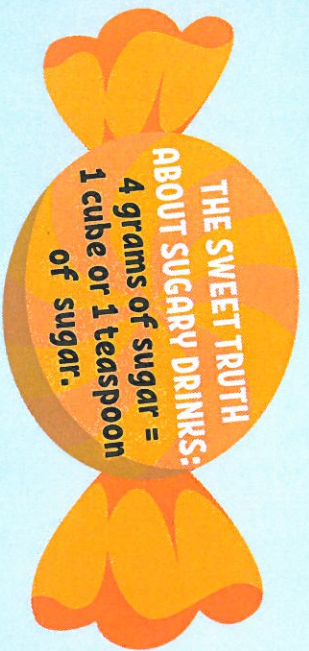
# KIDS DON'T NEED ADDED SUGAR

## WHAT IS YOUR CHILD DRINKING?

Sugary drinks or “sugar-sweetened beverages” are any drinks that contain added sugar. Often, they have **NO** nutritional value.

According to healthcare professionals, no more than 10% of our daily caloric intake should come from added sugars.

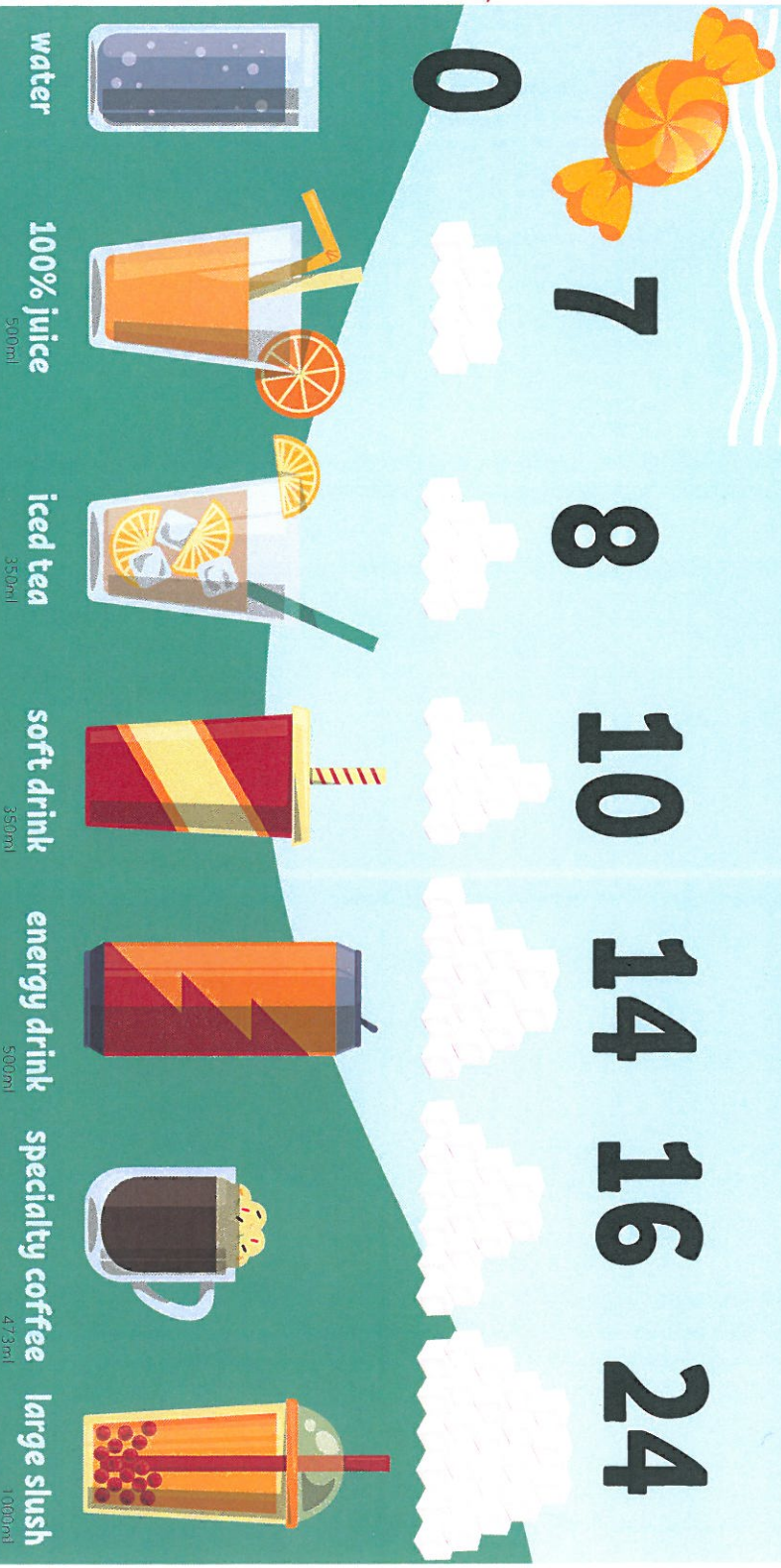
# 10%



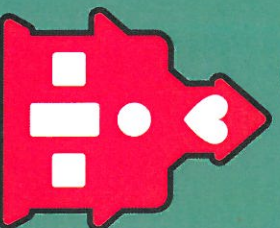
Maximum recommended daily intake of sugar by age and gender:

	BOYS	GIRLS
Maximum number of sugar cubes	11	10
	AGES 4 to 8	AGES 9 to 13
	14	13

## DRINK WATER - IT'S ALWAYS A HEALTHY CHOICE!



# Heart Healthy Schools



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