SUGAR AND THE DIET
Sources of Added Sugars

13.4% Added Sugars

- Beverages (not milk or fruit juice) 47%
  - Soft Drinks 25%
  - Fruit Drinks 11%
  - Sport & Energy Drinks 3%
- Snacks & Sweets 31%
- Fruits & Fruit Juice 1%
- Vegetables 1%
- Grains 8%
- Dairy 4%
- Mixed Dishes 6%
- Condiments, Gravies, Spreads, Salad Dressings 2%

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