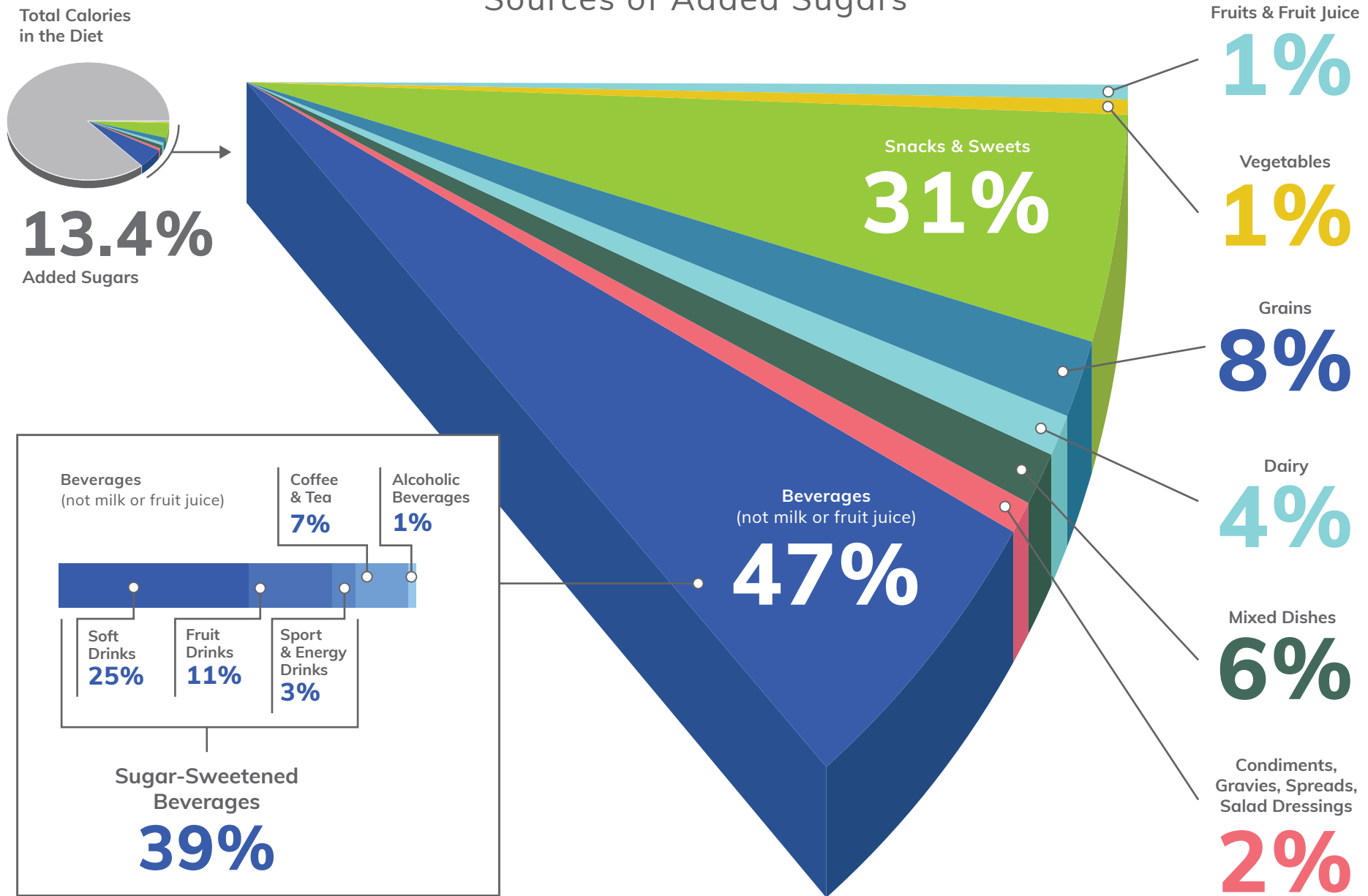


SUGAR AND THE DIET

Sources of Added Sugars



¹ U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group, Beltsville, Maryland, Food Patterns Equivalents Databases and Datasets. Available at: <http://www.ars.usda.gov/Services/docs.htm?docid=23869>. Accessed April 10, 2018.

¹¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.