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Aloha

PEDIATRIC DENTISTRY

Sugar

The American Heart Association recommends limiting added sugar:

- For children, limits range between 3-6 teaspoons (12 - 25 grams) per day. Limits depend on age and caloric needs.
- For adults, no more than 6 teaspoons (25 grams) of added sugar per day for women and 9 teaspoons (38 grams) for men.

World Health Organization recommends reducing the intake of free sugars to less than 10% of total energy intake - and ideally less than 5%.

Amounts of sugar in common drinks and foods:

<p>Drinks</p> <p>4 oz juice box = 3 t 8 oz orange juice = 6 t 8 oz chocolate milk = extra 2 t 20 oz bottle of vitamin water = 7 t 20 oz bottle of sports drink = 9 t 16 oz cup of flavored coffee = 12 t 16 oz can of energy drink = 14 t 20 oz bottle of soda = 16.25 t</p>	<p>Snacks</p> <p>1 cup low fat fruit yogurt = extra 2 t ½ cup granola = 3.5 t Granola bar = 4 t 2 cookies = 4 t ¼ cup skittles = 4 t ½ cup sweetened canned fruit = extra 2-3 t Protein bar = 8 t Candy bar = 9 t</p>
<p>Breakfast</p> <p>Small ¾ cup serving of sweetened cereal = 1-4 t 1 T jam/jelly: 3 t 3 frozen pancakes = 3 t 1 package sweetened oatmeal = 5 t 1 pastry = 5 t 1 muffin = 4-6 t</p>	<p>Lunch/Dinner</p> <p>½ cup spaghetti sauce = 3 t 1 cup canned baked beans = 5 t 1 T Ketchup = 1 t 2 T barbecue sauce = 3 t Frozen meal = 5 t 1 cup canned soup = 6 t</p>

*t = teaspoons

*The above amounts are examples only and some brands may contain more or less. Some values may contain naturally occurring sugars, but in general values should reflect added sugars.

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