The average 2-19 year-old consumes 19 teaspoons of added sugar per day. That’s the sugar you’d get from...

Eight Krispy Kreme Original Glazed Donuts*

= 19 teaspoons

In one year, that’s the equivalent of eating...

2,920 Krispy Kreme Original Glazed Donuts*

116,800 calories from added sugar

* Donuts contain an insignificant amount of naturally-occurring sugar present in milk

Source: American Heart Association. "Added Sugars and Cardiovascular Disease Risk in Children" Circulation 2016;134:00-00.