

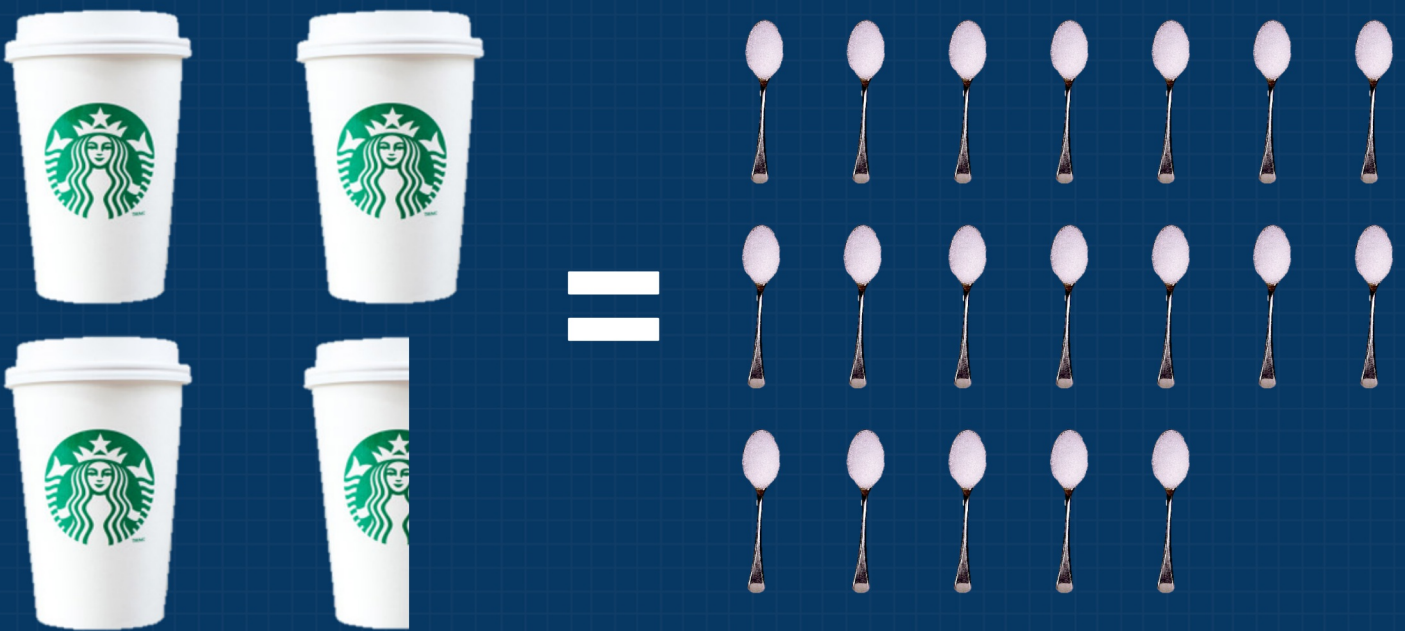


Sugar Shock

The American Heart Association recommends a limit of 6 teaspoons of added sugar per day for children and adolescents.

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

About 3.5 Starbucks Grande hot chocolates*



In one year, that's the equivalent of drinking...

1,325
Starbucks Grande
hot chocolates*



116,800
calories from added sugar



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*Estimate calculations based on calcium amounts in Starbucks Grande hot chocolate with 2% milk and no whipped cream.

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