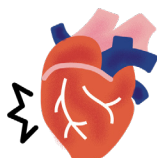


THE NOT-SO-SWEET SIDE OF

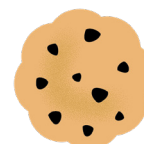
SUGAR



According to the American Academy of Pediatrics, sugar makes up 17% of what children eat and drink. Per the Dietary Guidelines for Americans, it should be no more than 10%.



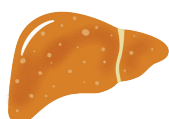
HEART DISEASE



OBESITY



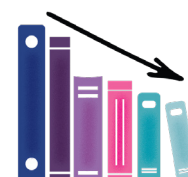
TOOTH DECAY



FATTY LIVER DISEASE



HEALTH RISKS
DUE TO HIGH
SUGAR INTAKE



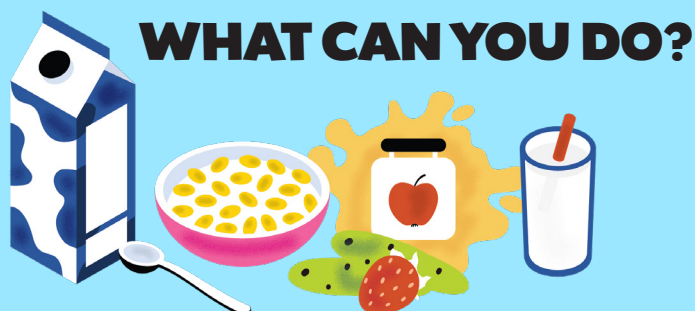
NEGATIVE
IMPACT ON
ACADEMICS,
LEARNING,
AND MEMORY



INFLAMMATORY
CONDITIONS LIKE
ASTHMA, ACNE,
AND EVEN GOUT



DIABETES



WHAT CAN YOU DO?

- Enjoy WIC cereals, chosen for their low sugar content.
- Use your Cash Value Benefit for fresh fruits and vegetables.
- Choose water and milk instead of soda and sugary drinks.
- Limit fruit juice to no more than 4 ounces (1/2 cup) per day; mix 4 ounces of juice with 4 ounces of water.
- Choose WIC baby food, which contains no added sugars.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

This institution is an equal opportunity provider.

Source: University of Southern California: <https://news.usc.edu/trojan-family/help-kids-eat-less-sugar-usc-pediatrician-tips/>