

HARTY Sugar Demo

www.iHarty.com

Fill the following form for Daily Sugar Count

		What You Eat or Drink	Servings	Total Added Sugars in g
Breakfast	Food			
	Food			
	Beverage			
	Beverage			
Morning Snacks & Drinks	Food			
	Beverage			
Lunch	Food			
	Beverage			
Afternoon Snacks & Drinks	Food			
	Beverage			
Dinner	Food			
	Food			
	Beverage			
	Desert			
Total Added Sugars Consumed in a Day				
World Health Organization (WHO) Daily Added Sugar Limit				25 g
Then compare the daily consumed added sugars vs. 25 g, with sugar cubes on the Sugar Demo scale for visualization.				
<i>Fill the form based on your real daily diet or the Sugar Demo nutrition fact cards.</i>				
Download this form, a PPT presentation & poster at: www.iharty.com/products				