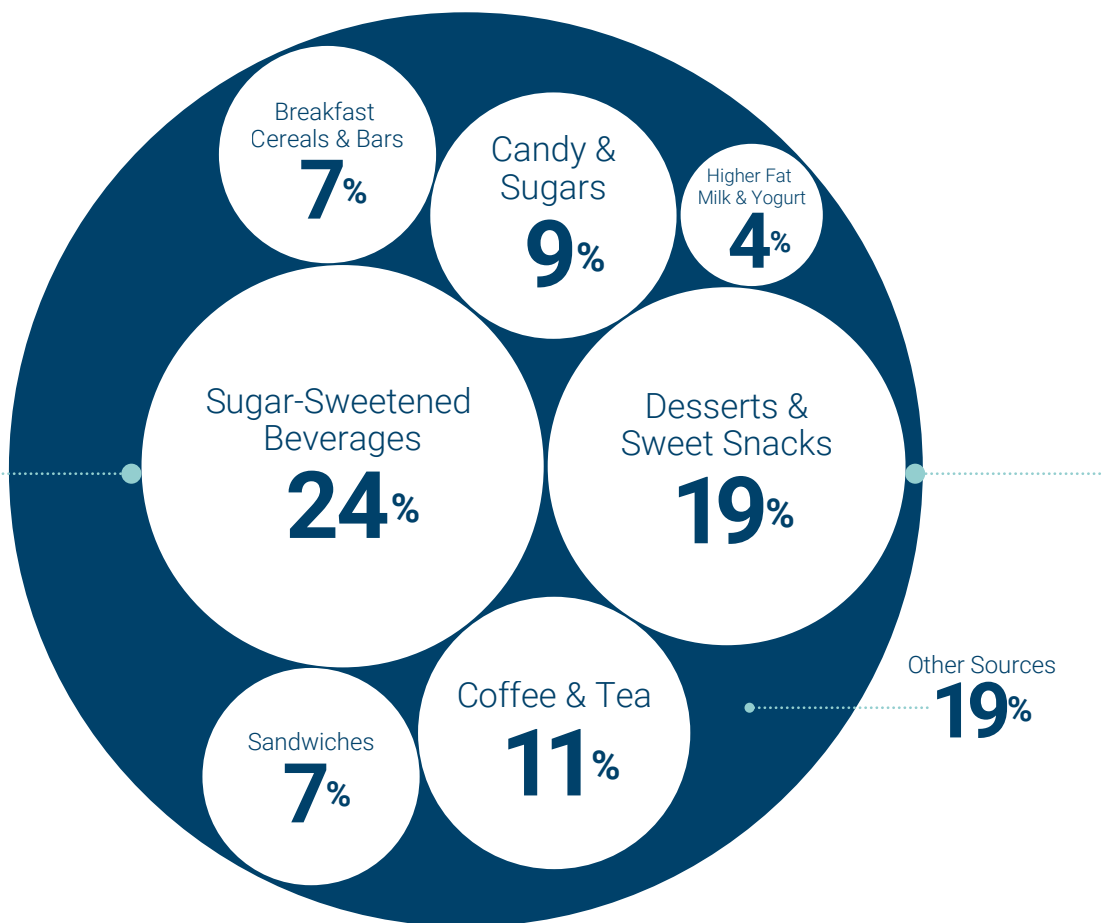
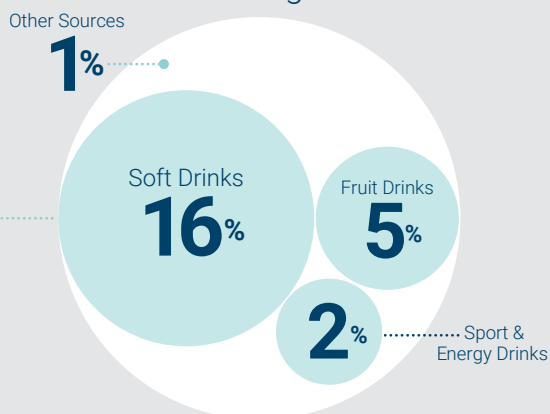


Top Sources and Average Intakes of Added Sugars: U.S. Population Ages 1 and Older

Added Sugars
Average Intake:
266 kcal/day



Within Sugar-Sweetened Beverages:



Within Desserts & Sweet Snacks:



Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.