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

- Added Sugars Average Intake: 266 kcal/day

- Sugar-Sweetened Beverages: 24%
- Desserts & Sweet Snacks: 19%
- Coffee & Tea: 11%
- Sandwiches: 7%

- Within Sugar-Sweetened Beverages:
  - Soft Drinks: 16%
  - Fruit Drinks: 5%
  - Sport & Energy Drinks: 2%

- Within Desserts & Sweet Snacks:
  - Cookies & Brownies: 6%
  - Ice Cream & Frozen Dairy Desserts: 5%
  - Cakes & Pies: 4%
  - Doughnuts, Sweet Rolls, & Pastries: 3%

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