

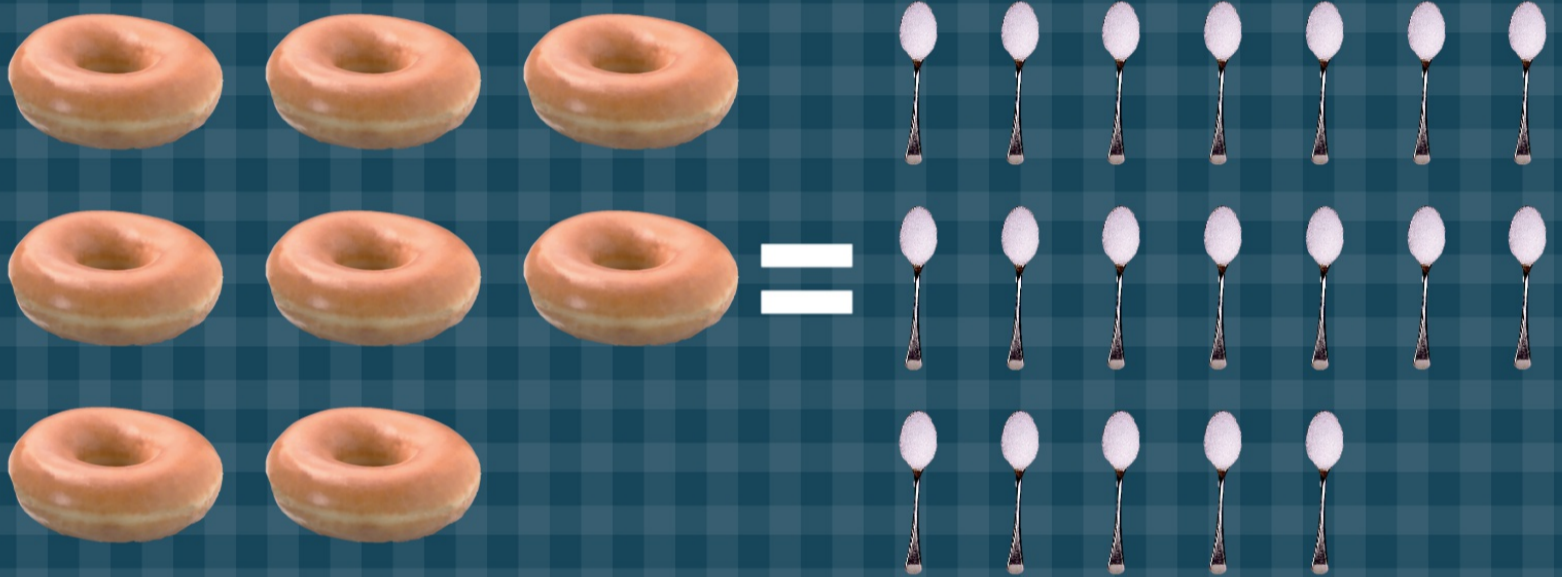


Sugar Shock

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 sugar you'd get from...

Eight Krispy Kreme Original Glazed Donuts*



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

2,920

Krispy Kreme Original Glazed Donuts*



116,800

calories from added sugar



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* Donuts contain an insignificant amount of naturally-occurring sugar present in milk

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