

4 grams of sugar = 1 teaspoon of sugar Sugar intake should be less than 10% of total daily calorie intake. This is approximately 50g (12 teaspoons) of free sugars consumption per day based on a 2000-calorie diet.



**Sugar Tracking Sheet** 

Sugar Tracking	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Total (tsp)							

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Food							
Sugar Amount							
Total (tsp)							