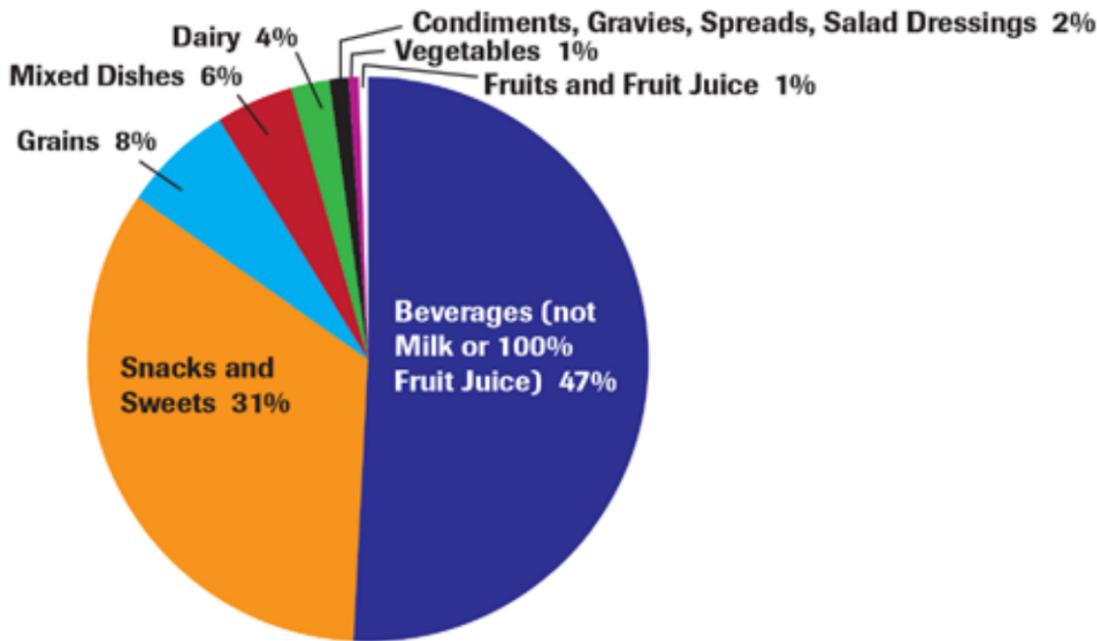


## Sources of Added Sugar in the Diet of Americans



SOURCE: DIETARY GUIDELINES FOR AMERICANS 2015-2020/2018 SWEETENER SYSTEMS CONFERENCE

🍪 Sweet bakery products should be a major focus of sugar-reduction efforts, according to the most-recently issued U.S. Dietary Guidelines.