

DASH DIET: SWEETS & ADDED SUGARS

Recommended Goal: 5 or fewer servings PER WEEK

Food Item	Serving Size (1 Serving)
Fruit Flavored Gelatin	1/2 Cup
Fruit Punch / Lemonade	1 Cup (8 oz)
Hard Candy	1 Tablespoon
Jelly or Jam	1 Tablespoon
Maple Syrup / Honey	1 Tablespoon
Sorbitol / Sugar Substitute	1 Tablespoon
Sugar (Granulated)	1 Tablespoon
Regular Soft Drinks	1 Cup (8 oz)
Sherbet / Sorbet	1/2 Cup

** Based on a standard 2,000 calorie-a-day diet. Sweets should be low in fat.*