

Recommendations for Overconsumed Nutrients

Nutrients to Limit	Life Stage
Added sugars	≥2 years: <10% kcal/day <2 years: Avoid foods and beverages with added sugars
Saturated fat	≥2 years: <10% kcal/day
Sodium	≥14 years: 2,300 mg/day <14 years: Even less
Alcoholic beverages	If you choose to drink, limit intake to two drinks/day or less for men and one drink/day or less for women

SOURCE: 2020–2025 DIETARY GUIDELINES FOR AMERICANS