



## Before you order, look for the added sugars warning icon!

Sugar is found naturally in some foods, such as fruits, vegetables, and milk. However, **some foods and drinks are made with high amounts of added sugars**, which do not occur naturally. Consuming high amounts of added sugars over time can cause type 2 diabetes and tooth decay. The daily recommended limit of added sugars for an average adult is 50 grams (12 1/2 teaspoons).

As of October 4, 2025, chain restaurants in NYC are required to post a warning icon next to certain menu items that have 50 grams or more of added sugars. These include prepackaged items, such as a can of soda, and non-prepackaged versions of these items, such as fountain soda.

Some items made in chain restaurants will not have the warning icon but may still contain high amounts of added sugars. These include sweetened coffees and teas, desserts and candy, granola, sauces and salad dressings, and yogurt.

You can request nutrition information, including total sugars (added sugars and natural sugars combined), for any menu items at chain restaurants in NYC. On prepackaged items, check the Nutrition Facts label to find out the amount of added sugars.

For more information, visit [nyc.gov/health/added sugars](https://nyc.gov/health/added sugars).