



Tracking Down

Added Sugar

Read the label! The **Nutrition Facts** information and **ingredients list** help you know how much added sugar is in foods and drinks.

- Total sugars include both added sugars and natural sugars. Added sugars are the ones you want to limit.
- Check serving info at the top of the label. If you eat more than one serving, you're getting more added sugars, calories and other nutrients.
- Label values are based on 2,000 calories/day. You may need less or more calories depending upon your age, activity level and other factors.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	293
% Daily Value*	
Total Fat 12g	Total Carbohydrate 34g 70%
Saturated Fat 2g	Dietary Fiber 7g 25%
Trans Fat 0g	Total Sugars 17g
Cholesterol 8mg	Includes 16g Added Sugars 32%
Sodium 210mg	
Total Carbohydrate 34g	
Dietary Fiber 7g 14%	
Total Sugars 17g	
Includes 16g Added Sugars 32%	
Protein 11g	
Vitamin D 4mcg 20%	
Calcium 210mg 16%	
Iron 4mg 22%	
Potassium 380mg 8%	

Soybean Oil, Corn Syrup, Sugar, Maltodextrin, Dextrose. Contains 2% or less of: Corn Starch, Modified Corn Starch

Ingredients: Enriched Flour Bleached (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), **Water, Palm and/or Soybean Oil, Corn Syrup, Sugar, Maltodextrin, Dextrose. Contains 2% or less of:** Corn Starch, Modified Corn Starch, Hydrogenated Palm Oil, Salt, Dry Yeast, Modified Whey, **High Fructose Corn Syrup, Corn Syrup Solids, Baking Powder** (sodium acid pyrophosphate, baking soda), Wheat Starch, Citric Acid, Whey Protein Concentrate, Mono and Diglycerides, **Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives** (potassium carbonate, TBHQ, citric Acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Bear Gum, Colored (artificial color).

Hydrogenated Palm Oil, Salt, Dry Yeast, Modified Whey, High Fructose Corn Syrup, Corn Syrup Solids, Baking Powder (sodium acid pyrophosphate, baking soda), Wheat Starch, Citric Acid, Whey Protein Concentrate, Mono and Diglycerides, Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives (potassium carbonate, TBHQ, citric Acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Bear Gum, Colored (artificial color).

Concentrate, Mono and Diglycerides, Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives (potassium carbonate, TBHQ, citric Acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Bear Gum, Colored (artificial color).

- **Ingredients** are listed in order of quantity in the product. In this example, sugar isn't the first ingredient, which sounds good, right? But added sugars are four of the seven main ingredients, which is not so sweet for your health.
- **Added sugars are sneaky!** They go by many names (aliases), such as: agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose and anything with the words sugar or syrup.

The **American Heart Association** recommends limiting added sugars to 6 teaspoons (25 grams) for most women and children over 2 years and 9 teaspoons (36 grams) for most men.

