

Finding Added Sugar

How Do You Find Added Sugar? Read Labels



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Serving

Total Fat

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Added Sugar

TOTAL Sugar

Natural Sugar

Ingredient

Ingredients: Oat bran, rice, sugar, oat clusters sugar, toasted oats (rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey), wheat flakes, crisp rice (rice, sugar, malt, salt), corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor, high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacin-

 = "added" Sugar

Added Sugars: any "sugar" added during processing or as part of food preparation.

Fructose

Maltose



Lactose



Natural Sugars are found naturally in foods