

Be Sugar Wise

Many Americans consume too many empty calories from refined carbohydrate sources such as sugar-sweetened beverages and processed foods. Here's how to spot the amount of added sugar in your food or beverage.

Check the Ingredient List for Added Sugar

Sugar comes in many forms and goes by many names. If the ingredient list includes any of these words, you can be sure there is added sugar in your food or beverage.



Agave nectar	Cane juice	Dextrose	Maltose	Sorghum
Barley malt	Corn sweetener	Glucose	Maple syrup	Sucrose
Beet sugar	Corn syrup	Honey	Molasses	Sugar
Brown sugar	Date sugar	Invert sugar	Palm sugar	Syrup
Brown rice syrup	Dextrin	Malt syrup	Raw sugar	Treacle
Coconut palm sugar	Fruit juice concentrate	High-fructose corn syrup	Rice syrup	Turbinado sugar
			Saccharose	Xylose

Check out all of the added sugar in this breakfast cereal...

Nutrition Facts	
16 servings per container	
Serving size	3/4 cup (27g)
Amount per serving	
Calories	110
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 2g	

Ingredients: Whole Grain Oats, Marshmallows (sugar modified corn starch, corn syrup, dextrose gelatin, calcium carbonate, yellows 5&6, blue 1, red 40, artificial flavor), **Sugar** Oat Flour, **Corn Syrup**, Corn Starch, Salt, Trisodium Phosphate, Color Added, Natural and Artificial Flavor, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

In just one serving of this cereal (only 3/4 cup!), there are **10 grams of sugar.**

Reading Labels for Sugar Content

Nutrition Facts labels include amounts of both Total and Added Sugars.

- **Total Sugar** includes both added and naturally occurring sugars.
 - ◇ Natural sugars occur naturally in food or beverage and include **fruit sugar (fructose)** and **milk sugar (lactose)**.
 - ◇ Added sugars do not occur naturally and have been added from external sources. (Reference the previous page for a list of added sugars).
- **Added Sugar** includes just those sugars that have been added to a food or beverage. This piece of information helps take the guesswork out of deciphering sugar content so you can make more informed choices.

However, always check the Ingredients List to ensure there aren't any hidden added sugars or artificial sweeteners.

Calculate the Sugar Content

Be sure to check the **servicing size** and do the math.

A seemingly single-serve package may contain more than one serving. Make sure to multiply the grams of sugar per serving by the number of servings you will consume when calculating sugar content.

Let's do the math using this Nutrition Facts label as an example:

- **4 grams of sugar = 1 teaspoon**
- **12 grams/serving ÷ 4 grams/teaspoon = 3 teaspoons/serving**
- **3 teaspoons x 8 servings = 24 teaspoons of sugar per package**

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	

Adapted
from:



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