

BE SUGAR WISE

Many Americans consume too many empty calories from refined carbohydrate sources such as sugar-sweetened beverages. Beverages do provide needed hydration, but most also contribute excess calories. Here's how to spot the amount of added sugar in your food or beverage.



CHECK THE INGREDIENT LIST FOR ADDED SUGAR

Sugar takes many forms, and if the ingredient list includes any of these words, you can be sure there is added sugar in your food or beverage.

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

Nutrition Facts

Serving Size 8 oz (227 g/8 oz)	
Servings Per Container About 3	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	19%
Sugars 11g	
Protein 8g	

CALCULATE THE SUGAR CONTENT

Be sure to check the Serving Size and do the math. A seemingly single-serve package may contain more than one serving. Make sure to multiply the teaspoons of sugar per serving by the number of servings you will consume when calculating sugar content.

4 grams = 1 teaspoon

11 grams/4 = 2.75 teaspoon/serving

2.75 teaspoons x 3 servings = 8.25 teaspoons per package

Sugars listed on current labels include both added and naturally occurring sugars. Newly proposed changes to the nutrition facts panel include a dedicated line for added sugar only.