

Where's the Added Sugar?

What is added sugar? →

Added sugar is not naturally found in food products. It is added while it is being made. Natural sugar is found in foods like milk and fruit.

Foods and Drinks with added sugar: →

- Soda
- Sports drinks
- Flavored milk
- Fruit drinks
- Juice
- Cakes, cookies, ice cream, baked goods
- Candy
- Flavored yogurt
- Cereal
- Granola bars
- Protein bars
- Nutella®
- Fruit canned in syrup, jelly, jam
- Honey
- Reduced-fat salad dressings
- Barbeque sauce, ketchup
- Pasta sauce
- Pop tarts®
- Instant oatmeal
- Baked beans

Ways to Make Healthier Choices →

1. Choose items with less than 10 grams of sugar per serving.
2. Stop drinking sweetened beverages (like fruit juice, soda, Koolaid®, Gatorade®, V8 Splash®).
3. Eat desserts and candy only on special occasions (like birthdays).
4. Read labels on items like cereal, yogurts, granola bars and protein bars.
5. Choose whole fruit or fruit canned in water.
6. Use small amounts of ketchup or barbeque sauce.
7. Read labels on pasta sauce. Choose the sauce with the lowest grams of sugar.
8. Choose healthy breakfast items (like old-fashioned oatmeal and fruit).
9. Choose beans without added sugar.
10. Eat items with natural sugar like whole fruits and plain milk.



Where's the Added Sugar?

Eating less sugar can help lower triglycerides (fat in the blood). This can also help control your blood sugar. How do we find the added sugar on food labels?



Nutrition Facts

Serving Size 2 tbsp (37g)
Servings Per Container 10

Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Values*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 3g	6%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Sugar, Modified Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey (From Milk), Soy Lecithin: An Emulsifier, Vanillin: An Artificial Flavor.



Nutrition Facts

Serving Size 1 tbsp (17g)
Servings Per Container 760

Amount Per Serving	
Calories 20	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Check serving size first.

Sugar is a type of carbohydrate. It is listed here.

- Sugar is the main ingredient in Nutella®.
- Most of the calories in ketchup are sugar.

