

# Reduce Added Sugar

Eat or drink less than 12 teaspoons of sugar a day! (50 grams)

## KNOW WHAT SUGAR IS

All of these are sugar!

Molasses

Honey

Lactose

Fruit nectar

Maple syrup

Maltose

Glucose

Brown sugar

Raw sugar

Corn syrup

Dextrose

Sucrose

Brown rice syrup

## KNOW WHERE SUGAR IS

Look at food labels to understand how much added sugar is in your food!

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

## Nutrition Facts Label

← Separates natural and added sugars

## WATCH WHAT YOU DRINK!

You might be surprised at how much sugar is in the drinks you love. Take time to read the label to understand how many carbohydrates and added sugars you are getting each time you drink.



### ICED COFFEE

8 teaspoons sugar



### SODA

32 teaspoons sugar



### SMOOTHIE

15 teaspoons sugar



### SPORTS DRINK

9 teaspoons sugar



### FRUIT JUICE

5 teaspoons sugar

Extension  
**UtahState**University.



Learn more about  
**SNAP benefits**

