

# 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>
<small>% Daily Value*</small>	
<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**

