Added Sugars: Now Listed on the Nutrition Facts Label

Information about added sugars is now required on the Nutrition Facts label. Along with all information on the Nutrition Facts label, the amount of added sugars is important to consider when choosing foods and beverages.

What Are Added Sugars and How Are They Different from Total Sugars?

Total sugars include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits as well as any added sugars that may be present in the product. There is no Daily Value* for total sugars because no recommendation has been made for the total amount to eat in a day.

Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables. The Daily Value for added sugars is 50 grams per day based on a 2,000 calorie daily diet.

For most Americans, the main sources of added sugars are sugar-sweetened beverages, baked goods, desserts, and sweets.

Nutrition Facts 8 servings per container Serving size 8 fl oz (240mL) Amount per serving			
		Calories	110
			% Daily Value
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 5mg	0%		
Total Carbohydrate 27	g 10%		
Dietary Fiber 0g	0%		
Total Sugars 25g			
Includes 23g Added S	Sugars 46%		
Protein 0g			
Vitamin D 0mcg	0%		
Calcium 0mg	0%		
Iron Omg	0%		
Potassium 40mg	0%		

The % Daily Value (DV) tells you how much a nutrient in

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.







Why Are Added Sugars Now Listed on the Nutrition Facts Label?

The *Dietary Guidelines for Americans* recommends limiting calories from added sugars to less than 10 percent of total calories per day. For example, if you consume a 2,000 calorie daily diet, that would be 200 calories or 50 grams of added sugars per day. Consuming too much added sugars can make it difficult to meet nutrient needs while staying within calorie limits. The U.S. Food and Drug Administration is including added sugars on the Nutrition Facts label so that you can make informed choices, based on your individual needs and preferences.

How Will Added Sugars Be Listed on the Nutrition Facts Label?

Labels for foods and beverages with added sugars will list the number of grams and the percent Daily Value (%DV) for added sugars within the Nutrition Facts label.

Having the word "includes" before added sugars on the label indicates that added sugars are included in the number of grams of total sugars in the product.

For example, a container of yogurt with added sweeteners, might list:

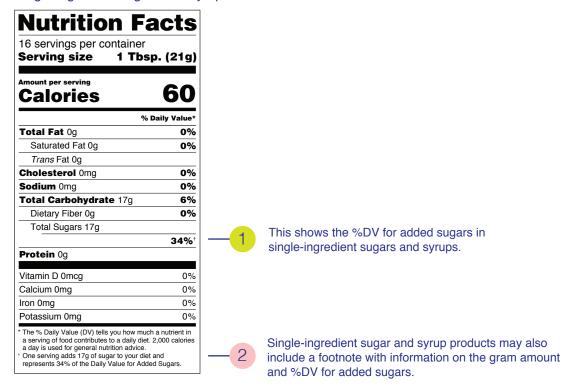


This means that one serving of the product has 7 grams of added sugars and 8 grams of naturally occurring sugars – for a total of 15 grams of sugar. The 7g of added sugars represents 14% of the Daily Value for added sugars.

Exception: Labels on packages and containers of single-ingredient sugars and syrups such as table sugar, maple syrup, or honey will list the percent Daily Value for added sugars within the Nutrition Facts label, and the gram amount per serving and %DV may be included in a footnote. Single-ingredient sugars and syrups are labeled in this way so that it does not look like more sugars have been added to the product and to ensure that consumers have information about how a serving of these products contributes to the Daily Value for added sugars and to their total diet.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Single-ingredient sugars and syrups label



Let the Nutrition Facts Label Be Your Guide

The new Nutrition Facts label can help you compare and choose foods that are lower in added sugars.

Check the label to see if foods are LOW or HIGH in added sugars.

- 5% DV or less is a LOW source of added sugars
- 20% DV or more is a HIGH source of added sugars

Do I Need to Give up Added Sugars?

The *Dietary Guidelines for Americans* states that a limited amount of added sugars can be included as part of an overall healthy eating pattern that includes healthy choices from each of the MyPlate food groups (vegetables, fruits, grains, dairy, and protein foods). It is important to remember that added sugars is just one piece of information on the label. Looking at the ingredient list and reading all the information on the Nutrition Facts label can help you make the most informed choices.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel





and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened "enhanced water" drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.



Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY**.

That's more than TRIPLE the recommended daily limit for women

and **DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the

ADDED SUGARS



A can (12 FL OZ) of regular soda has about

150 CALORIES AND **10 TEASPOONS**

of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED

beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

ADD COLOR **MOVE MORE BE WELL EAT SMART**

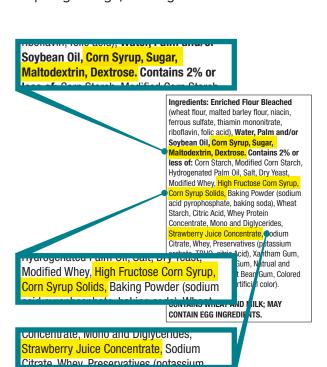


Tracking Down

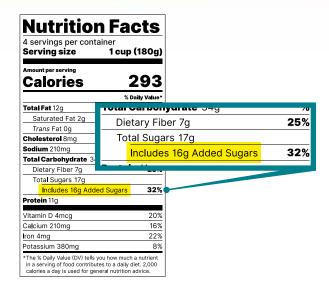
-Added Bulling

Read the label! The **Nutrition Facts** information and **ingredients list** help you know how much added sugar is in foods and drinks.

- Total sugars include both added sugars and natural sugars. Added sugars are the ones you want to limit.
- Check serving info at the top of the label. If you eat more than one serving, you're getting more added sugars, calories and other nutrients.
- Label values are based on 2,000 calories/day.
 You may need less or more calories depending upon your age, activity level and other factors.



The American Heart Association recommends limiting added sugars to 6 teaspoons (25 grams) for most women and children over 2 years and 9 teaspoons (36 grams) for most men.



- Ingredients are listed in order of quantity in the product. In this example, sugar isn't the first ingredient, which sounds good, right? But added sugars are four of the seven main ingredients, which is not so sweet for your health.
- Added sugars are sneaky! They go by many names (aliases), such as: agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose and anything with the words sugar or syrup.



