

# 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?

- 1 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.
- 2 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	
<b>Serving size 8 fl oz (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 40mg	<b>0%</b>
<small>*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.</small>	

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

The New  
**Nutrition  
Facts Label**  
What's in it for you?



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## 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.

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## 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:

Total Sugars 15g	
Includes 7g Added Sugars	<b>14%</b>

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](http://www.FDA.gov/NewNutritionFactsLabel)

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## Single-ingredient sugars and syrups label

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1 Tbsp. (21g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	<b>34%<sup>†</sup></b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>* 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.</small>	
<small><sup>†</sup> One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.</small>	

1

This shows the %DV for added sugars in single-ingredient sugars and syrups.

2

Single-ingredient sugar and syrup products may also include a footnote with information on the gram amount and %DV for added sugars.

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## 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

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## 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.

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American  
Heart  
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Healthy For Good™

# SIP SMARTER

Replace sweetened drinks to cut back on added sugars 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

**#1 SOURCE OF  
ADDED SUGARS  
IN OUR DIET.**

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



### START CUTTING BACK.

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.



### CHOOSE WATER.

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.



### MAKE IT AT HOME.

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.

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

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: **HEART.ORG/EATSMART**





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## Tracking Down

# Added Sugar

**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.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup (180g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>293</b>
% Daily Value*	
<b>Total Fat</b> 12g	
Saturated Fat 2g	
Trans Fat 0g	
<b>Cholesterol</b> 8mg	
<b>Sodium</b> 210mg	
<b>Total Carbohydrate</b> 34g	
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 16g Added Sugars	32%
<b>Protein</b> 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

\*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.

**Soybean Oil, Corn Syrup, Sugar, Maltodextrin, Dextrose. Contains 2% or less of: Corn Starch, Modified Corn Starch,**

**Ingredients:** Enriched Flour Bleached (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), **Water, Palm and/or Soybean Oil, Corn Syrup, Sugar, Maltodextrin, Dextrose. Contains 2% or less of:** Corn Starch, Modified Corn Starch, Hydrogenated Palm Oil, Salt, Dry Yeast, Modified Whey, **High Fructose Corn Syrup, Corn Syrup Solids, Baking Powder** (sodium acid pyrophosphate, baking soda), Wheat Starch, Citric Acid, Whey Protein Concentrate, Mono and Diglycerides, **Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives** (potassium carbonate, TBHQ, citric acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Artificial Color, Colored (artificial color).

**Hydrogenated Palm Oil, Salt, Dry Yeast, Modified Whey, High Fructose Corn Syrup, Corn Syrup Solids, Baking Powder** (sodium acid pyrophosphate, baking soda), Wheat Starch, Citric Acid, Whey Protein Concentrate, Mono and Diglycerides, Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives (potassium carbonate, TBHQ, citric acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Artificial Color, Colored (artificial color).

**Concentrate, Mono and Diglycerides, Strawberry Juice Concentrate, Sodium Citrate, Whey, Preservatives** (potassium carbonate, TBHQ, citric acid), Xanthan Gum, Gum, Natural and Artificial Flavors, Artificial Color, Colored (artificial color).

- **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.

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.

**Women and Children**

**x6**

**Men**

**x9**



SweetLeaf is a national supporter of the American Heart Association's Healthy for Good movement

Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)