



# Uncover Hidden Sugars

Always read the label and look at the ingredient list for these added sugars:

- Sucrose or Sugar
- High Fructose Corn Syrup
- {Dried} Corn Syrup
- Cane sugar

If an added sugar is one of the first ingredients listed, consider choosing a healthier option.

**Look past the packaging - read the label!**

Remember to do the math - to find the added sugar:  
**4 grams = 1 teaspoon** of sugar.

Food Product	Added Sugar Amount
2 Tablespoons of BBQ Sauce	14 grams or 3 teaspoons
2 Tablespoons of Ketchup	8 grams or 2 teaspoons
1 Cup of Low-Fat Yogurt	47 grams or 12 teaspoons
16 oz Caramel Frappuccino (starbucks)	64 grams or 16 teaspoons
2 Tablespoons of Nutella	21 grams or 5.25 teaspoons
16 oz Snapple Ice Tea	36 grams or 9 teaspoons

Nutrition Facts	
Serving Size: 1 bottle (20 oz)	
Serving Per Container: 1	
Amount Per Serving	
<b>Calories</b>	275
	<b>% Daily Value*</b>
<b>Total Fat</b> 0 g	<b>0%</b>
<b>Sodium</b> 175 mg	<b>7%</b>
<b>Total Carbohydrate</b> 78 g	<b>26%</b>
<b>Sugars</b> 65 g	
<b>Protein</b> 0 g	
<b>INGREDIENTS:</b> WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, ASCORBIC ACID.	

Part of “The Joy of Six” Sugar Campaign - enjoy up to six teaspoons per day of added sugar and increase sugar awareness in the community.