

Uncover Hidden Sugars

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

Always read the label and look for added sugars like:

- Sucrose
- High Fructose Corn Syrup

If the added sugar is one of the first three ingredients on the label, the item is probably high in sugar.

Look past the packaging - read the label!

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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