



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
Nature Valley Granola Bar	11 grams or 3 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	
Calories	275
Total Fat	0 g
Sodium	175 mg
Total Carbohydrate	78 g
Sugars	65 g
Protein	0 g
INGREDIENTS: 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.