



How many added sugars are in that ?

Added sugars are easy to find on nutrition facts labels. The amount in each serving is listed in grams (g) along with the % Daily Value (the percentage that each serving contributes to your daily recommended intake of various nutrients). Below are some common foods you might consume on any given day and their contribution to daily added sugars intake.

Nutrition Facts	
1 serving per container	
Serving size	1 container (5.3oz)
Amount Per Serving	
Calories	110
Total Fat 0g % Daily Value*	
Saturated Fat	0g 0%
Trans Fat	0g 0%
Cholesterol	5mg 2%
Sodium	55mg 2%
Total Carbohydrate	15g 5%
Dietary Fiber	0g 0%
Total Sugars	14g
Includes 9g Added Sugars 18%	
Protein	12g 24%
Vitamin D 0% · Calcium 10% · Iron 0% · Potassium 4%	

Dietary Guidelines for Americans recommendations allow for 50 grams of added sugars per day in a healthy dietary pattern.*

	Grams	% Daily Value
Breakfast		
Oatmeal (2 teaspoons brown sugar)	8g	16%
Honey Nut Cheerios Cereal (1 cup)	12g	24%
Lunch		
Turkey sandwich with whole grain bread	6g	12%
Salad with vinaigrette dressing (2 tablespoons)	3g	6%
Dinner		
Spaghetti and meatballs (1/2 cup sauce)	3g	6%
Barbecue chicken (2 tablespoons sauce)	4g	8%
Snacks		
Crunchy Granola bar (1 bar)	6g	12%
Apple slices and peanut butter (2 tablespoons)	2g	4%
Yogurt (5.3 ounces)	9g	18%
Dessert		
Vanilla Ice cream (2/3 cup)	14g	28%
Chocolate Chip Cookie	14g	28%



1 teaspoon of real sugar
has
15 calories
and weighs
4 grams

Added sugars are found in many nutritious foods like yogurt or whole grain bread for reasons other than sweetness, such as preservation or balancing sour or bitter flavors. Added sugars are also found in sweets and treats that we make room for in moderation as part of a balanced diet and lifestyle. When you look at the calories from added sugars over the course of a day, you can choose how and where to spend your daily intake.

*based on a 2000 calorie diet

