Make Smart Choices!
Nutrition Label Word Search

All the words hidden below can be found on the Nutrition Facts label.
Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D

No Searching Required!
It's easy to use the Nutrition Facts label. Here are some quick tips for smart choices!

Size Up Servings
Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

Consider the Calories
When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Choose Nutrients Wisely
Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

www.fda.gov/nutritioneducation

Revised: October 2018
USDA Dairy Tables

Use these tables for the guided and independent activities!

Servings of dairy table
Amount that counts as one serving of dairy

<table>
<thead>
<tr>
<th></th>
<th>Dairy Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup of milk</td>
</tr>
<tr>
<td></td>
<td>1 half-pint container of milk</td>
</tr>
<tr>
<td></td>
<td>1/2 cup of evaporated milk</td>
</tr>
<tr>
<td>Yogurt</td>
<td>1 regular container (8 fluid ounces)</td>
</tr>
<tr>
<td></td>
<td>1 cup of yogurt</td>
</tr>
<tr>
<td></td>
<td>1 1/2 ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/3 cup of shredded cheese</td>
</tr>
<tr>
<td></td>
<td>2 ounces processed cheese (American)</td>
</tr>
<tr>
<td></td>
<td>1/2 cup of ricotta cheese</td>
</tr>
<tr>
<td></td>
<td>2 cups of cottage cheese</td>
</tr>
<tr>
<td>Milk-based desserts</td>
<td>1 cup of pudding made with milk</td>
</tr>
<tr>
<td></td>
<td>1 cup of frozen yogurt</td>
</tr>
<tr>
<td></td>
<td>1 1/2 cups of ice cream</td>
</tr>
<tr>
<td>Soy milk</td>
<td>1 cup of calcium-fortified soy milk</td>
</tr>
<tr>
<td></td>
<td>1 half-pint container of calcium-fortified soy milk</td>
</tr>
</tbody>
</table>

Recommended daily serving of dairy
1 cup = 1 serving

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Cup Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILDREN</td>
<td></td>
</tr>
<tr>
<td>2-3 years old</td>
<td>2 cups</td>
</tr>
<tr>
<td>4-8 years old</td>
<td>2.5 cups</td>
</tr>
<tr>
<td>GIRLS</td>
<td></td>
</tr>
<tr>
<td>9-13 years old</td>
<td>3 cups</td>
</tr>
<tr>
<td>14-18 years old</td>
<td>3 cups</td>
</tr>
<tr>
<td>BOYS</td>
<td></td>
</tr>
<tr>
<td>9-13 years old</td>
<td>3 cups</td>
</tr>
<tr>
<td>14-18 years old</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

Florida Department of Agriculture and Consumer Services

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Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

1. Make half your plate veggies and fruits
   Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Include whole grains
   Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

3. Don’t forget the dairy
   Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don’t drink milk? Try a soy beverage (soy milk) as your drink or include low-fat yogurt in your meal or snack.

4. Add lean protein
   Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

5. Avoid extra fat
   Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Get creative in the kitchen
   Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7. Take control of your food
   Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

8. Try new foods
   Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9. Satisfy your sweet tooth in a healthy way
   Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10. Everything you eat and drink matters
    The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.
Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1. Find your healthy eating style
   Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2. Make half your plate fruits and vegetables
   Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3. Focus on whole fruits
   Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

4. Vary your veggies
   Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.

5. Make half your grains whole grains
   Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.

6. Move to low-fat or fat-free milk or yogurt
   Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7. Vary your protein routine
   Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

8. Drink and eat beverages and food with less sodium, saturated fat, and added sugars
   Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

9. Drink water instead of sugary drinks
   Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10. Everything you eat and drink matters
    The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."
10 healthy tips for teen girls

Young girls, ages 10 to 19, have a lot of changes going on in their bodies. Building healthier habits will help you—now as a growing teen—and later in life. Growing up means you are in charge of foods you eat and the time you spend being physically active every day.

1. **Build strong bones**
   A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.

2. **Cut back on sweets**
   Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar in them. Drink water when you are thirsty. Sipping water and cutting back on cakes, candies, and sweets helps to maintain a healthy weight.

3. **Power up with whole grain**
   Fuel your body with nutrient-packed whole-grain foods. Make sure that at least half your grain foods are whole grains such as brown rice, whole-wheat breads, and popcorn.

4. **Choose vegetables rich in color**
   Brighten your plate with vegetables that are red, orange, or dark green. Try acorn squash, cherry tomatoes, or sweet potatoes. Spinach and beans also provide vitamins like folate and minerals like potassium that are essential for healthy growth.

5. **Check Nutrition Facts labels for iron**
   Read Nutrition Facts labels to find foods containing iron. Most protein foods like meat, poultry, eggs, and beans have iron, and so do fortified breakfast cereals and breads.

6. **Be a healthy role model**
   Encourage your friends to practice healthier habits. Share what you do to work through challenges. Keep your computer and TV time to less than 2 hours a day (unless it's school work).

7. **Try something new**
   Keep healthy eating fun by picking out new foods you've never tried before like lentils, mango, quinoa, or kale.

8. **Make moving part of every event**
   Being active makes everyone feel good. Aim for 60 minutes of physical activity each day. Move your body often. Dancing, playing active games, walking to school with friends, swimming, and biking are only a few fun ways to be active. Also, try activities that target the muscles in your arms and legs.

9. **Include all food groups daily**
   Use MyPlate as your guide to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

10. **Everyone has different needs**
    Get nutrition information based on your age, gender, height, weight, and physical activity level. Use SuperTracker to find your calorie level, choose the foods you need, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

Go to www.ChooseMyPlate.gov for more information.
10 tips  
Nutrition Education Series

MyPlate, MyWins  
Based on the Dietary Guidelines for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1. **Drink water**
   - Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.

2. **How much water is enough?**
   - Let your thirst be your guide. Everyone’s needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3. **A thrifty option**
   - Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. **Manage your calories**
   - Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5. **Kid-friendly drink zone**
   - Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

6. **Don’t forget your dairy**
   - Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7. **Enjoy your beverage**
   - When water just won’t do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. **Water on the go**
   - Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. **Check the facts**
   - Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10. **Compare what you drink**
    - Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group.

Center for Nutrition Policy and Promotion  
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Go to ChooseMyPlate.gov
for more information.

DG TipSheet No. 19
May 2012
Revised October 2016
Get to Know Nutrition Facts Labels.

Form a healthy habit by reading food labels to determine what’s inside and make informed food choices.

**LOOK at Serving Sizes**

The information listed on the Nutrition Facts label is based on a typical serving size in common measurements like cups, ounces, or pieces. A package may contain more than one serving, so if you’re eating more or less than the serving listed, you’ll need to multiply or divide the numbers listed.

**Nutrition Facts**

- **8 servings per container**
- **Serving size 2/3 cup (55g)**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 8g</td>
<td>% Daily Value* 10%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 160mg</td>
<td>7%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td>20%</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Protein</strong> 3g</td>
<td>% Daily Value* 10%</td>
</tr>
</tbody>
</table>

| Vitamin D 2mcg | 10% |
| Calcium 260mg  | 20% |
| Iron 8mg       | 45% |
| Potassium 235mg | 6% |

*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.

**CHECK Calories**

The portion size or amount you eat as a serving determines the number of calories you consume. The number of calories you need daily depends on your age, gender, and level of physical activity. Visit www.ChooseMyPlate.gov to find your calorie needs.

**LIMIT These**

- **Fat**
- **Sodium**
- **Cholesterol**
- **Added Sugars**

Eating too much of these nutrients increases your risk of diseases like obesity, heart disease, high blood pressure, and some cancers. Added Sugars should be limited to 10% of your daily calories.

**GET MORE of These**

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

These nutrients improve your health, yet most Americans don’t get enough of them in their diets. Look for foods with 10% or more of these nutrients in the % Daily Value column.

**% DAILY VALUE (DV)**

These percentages show whether the nutrients in a serving contribute a little or a lot to your total daily intake. Percent Daily Values on the Nutrition Facts label are based on a 2,000-calorie diet. Your % Daily Value may be higher or lower depending on your daily calorie needs.
Get to Know Nutrition Facts Labels.

Read Ingredient Lists

Ingredients are listed by quantity, from highest to lowest amount. That means the first few ingredients make up the majority of the food product.

How can you use the ingredient list to make healthy food choices?

- The word “whole” in the name of the ingredient in the list indicates the food is whole grain.
- Any word ending in “ose” is usually a type of sugar.
- The words “partially hydrogenated” indicate that the food contains trans fats, even if the label says “0g Trans Fat.” The Food and Drug Administration allows companies to put 0 grams if there is less than 0.5 grams trans fat.

About Added Sugars

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits.

Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total calories from added sugars. Enjoy foods with added sugar in moderation.

What Does the Package Tell You?

1. FRESHNESS DATES
   Most dates printed on packages are quality dates set by the manufacturer, not expiration dates. What do they mean?
   - “Sell-by” is the date that tells the store how long to display a product for sale. You should buy the product before this date.
   - “Best if used by” or “use by” are dates recommended for best flavor or quality.

2. WEIGHT OR AMOUNT IN PACKAGE
   Packages are printed with the weight or volume of the food inside. This information can help you compare sizes of products and to help determine the best price when you divide the amount by cost.

3. PRODUCT CLAIMS
   Some food packages make health claims such as “low fat” or “cholesterol free.” These claims can only be used if the food meets the following requirements:

<table>
<thead>
<tr>
<th>Claim</th>
<th>Requirement</th>
<th>Claim</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie free</td>
<td>Less than 5 calories</td>
<td>Cholesterol free</td>
<td>Less than 2 milligrams cholesterol and 2 grams or less saturated fat</td>
</tr>
<tr>
<td>Low calorie</td>
<td>40 calories or less</td>
<td>Sodium free</td>
<td>Less than 5 milligrams sodium</td>
</tr>
<tr>
<td>Light/Lite</td>
<td>1/3 fewer calories or 50% less fat than the original</td>
<td>Very low sodium</td>
<td>35 milligrams or less sodium</td>
</tr>
<tr>
<td>Fat free</td>
<td>Less than 0.5 grams fat</td>
<td>Low sodium</td>
<td>140 milligrams or less sodium</td>
</tr>
<tr>
<td>0 Trans fats</td>
<td>Less than 0.5 grams trans fat</td>
<td>High fiber</td>
<td>5 grams or more fiber</td>
</tr>
<tr>
<td>Low fat</td>
<td>3 grams or less fat</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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# Understanding a Food Label Activity

![Nutrition Facts](image)

1. What is the serving size?  
   ____________________________

2. How many servings per container?  
   ____________________________

3. Why is it important to look at servings per container?  
   ____________________________

4. How many calories per serving?  
   ____________________________

5. How many calories per container?  
   ____________________________

6. How many grams of fat per serving?  
   ____________________________

7. How many grams of fat are in 2 cups?  
   ____________________________

8. How much sodium is in each serving?  
   ____________________________

9. What does added sugar mean?  
   ____________________________

---

*Nutrition Facts*

8 servings per container  
Serving size 2/3 cup (55g)  

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g 10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g 5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg 7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g 13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g 14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g 20%</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>

*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.*
Drink Water instead of Sugary Drinks

Water

16 oz.
0 calories
0 grams sugar

Why drink water?

Water plays an important role in your body's functions. Every system in your body depends on water:

- Regulates body temperature
- Lubricates joints
- Carries nutrients to cells
- Moistens tissues
- Helps flush out waste
- Protects organs

100% JUICE SMOOTHIE
15.2 oz. bottle ▲ 300 calories
60 grams sugar

LEMON-LIME SODA*
20 oz. bottle ▲ 285 calories
77 grams sugar

ORANGE SODA*
20 oz. bottle ▲ 325 calories
85 grams sugar

COLA* With Ice
44 oz. cup ▲ 510 calories
128 grams sugar

*Contains added sugar

One sugar cube = 2.5 grams of sugar

Dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Sugar in milk and meat juices is naturally occurring and does not contribute added sugar.

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ICED COFFEE* Mocha Flavor
9.5 oz. bottle ▲ 180 calories
31 grams sugar

SPORTS DRINK*
20 oz. bottle ▲ 125 calories
35 grams sugar

SWEETENED ICED TEA*
16 oz. bottle ▲ 140 calories
36 grams sugar

ENERGY DRINK*
15 oz. can ▲ 200 calories
54 grams sugar

100% ORANGE JUICE
8 oz. glass ▲ 110 calories
21 grams sugar

CHOCOLATE SKIM MILK*
8 oz. glass ▲ 145 calories
23 grams sugar

100% APPLE JUICE
5 oz. glass ▲ 115 calories
27 grams sugar

CRANBERRY JUICE COCKTAIL*
8 oz. glass ▲ 120 calories
30 grams sugar

COFFEE
8 oz. cup ▲ 0 calories
0 grams sugar

VEGETABLE JUICE
8 oz. glass ▲ 50 calories
8 grams sugar

PLAIN SOY MILK*
8 oz. glass ▲ 120 calories
8 grams sugar

SKIM MILK
8 oz. glass ▲ 90 calories
12 grams sugar

One sugar cube = 2.5 grams of sugar
NOTE: Nutrition information is based on typical values for drinks shown and may vary by brand or manufacturer. The number of sugar cubes pictured are rounded to the nearest whole cube.

Adults and children drink about 400 calories per day as beverages. Drinking water is your best bet when you're thirsty. Regular soda, energy or sports drink, and other sweet drinks usually contain a lot more sugar and calories than you need. Water is a great choice because it is calorie-free, inexpensive, and you can find it nearly everywhere.

When water just won't do — enjoy the beverage of your choice, but just drink less. Check the serving size and the number of servings in the container and keep your portion small.

Choose Water
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BE SUGAR SMART

DISCOVER THE DIFFERENCE
BETWEEN NATURAL AND ADDED SUGAR

Americans consume on average 22 teaspoons or about 350 calories of added sugar each day. Dietary guidelines recommend that added sugars contribute no more than 10 percent of your daily calories. For a 2,000 calorie diet, that means no more than 200 calories (or about 12 teaspoons) should come from added sugar each day.

How can you figure out how much added sugar you’re eating?

Not all sugars are created equal. Learning how to identify the different types can get complicated.

ADDED SUGAR vs. NATURAL SUGAR:

What’s the Difference?

ADDED SUGARS vs. NATURAL SUGARS:

...are sugars and syrups added to foods during processing. They add calories without adding nutrients. Top sources of added sugars include candy, soft drinks, and desserts.

...are found in fruits, vegetables, and dairy products. These foods also contain vitamins, minerals, and other nutrients like protein and fiber that help fill you up.
LOOK TO THE LABEL.
The Nutrition Facts label has been updated to list both total sugars and added sugars. "Sugars" include both the natural sugars found in fruit or milk and added sugars, so check the "Added Sugars" line to determine the amount of extra sugar that has been added to the food.

GET TO KNOW SUGAR SYNONYMS.
Sugar goes by many different names. Common sugar names include:
- High-fructose corn syrup
- Fruit juice concentrate
- Honey
- Malt syrup
- Cane juice or cane syrup
- Agave nectar
- Molasses
- Sucrose
- Glucose

CHECK OUT THE SUPERTRACKER.
Visit supertracker.usda.gov to explore the amounts of added sugar in foods. You can also get a personalized nutrition and activity plan with an added sugar budget.

INVESTIGATE THE INGREDIENTS.
Ingredients are listed by weight, from highest to lowest. If you see sugar or another sweetener among the first few ingredients, it is likely that the food is high in added sugar.

Why Should I Limit Added Sugar?
Foods that are high in added sugar tend also to be high in calories and low in valuable nutrients. A high-sugar diet is linked to an increased risk of obesity and can lead to tooth decay and dental cavities. Make an effort to enjoy healthy food choices and consider sugar-sweetened foods like soda, cookies, cake, and candy occasional treats, not everyday foods.

How Much is a Gram?
Nutrition Facts labels list amounts of nutrients in grams (g) and milligrams (mg). To put this into a more common measurement, remember...

Why is Sugar Added to Foods?
- Makes foods appetizing and taste good
- Helps preserve foods like jams or jelly
- Gives baked goods texture and color
- Fuels fermentation to make bread rise
- Adds bulk to baked goods and ice cream
- Balances acidity in recipes with tomatoes or vinegar