

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| 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.

# SUGAR RUSH

## WHAT ARE ADDED SUGARS?

'Added Sugars' can mean two things:

1. When sugar is added to processed food - often seen as sucrose or dextrose
2. Foods that are sold as sweeteners like table sugar, honey and syrups

## WHAT'S THE DIFFERENCE BETWEEN ADDED SUGARS AND TOTAL SUGARS?

- 'Added Sugars' refers only to the sugars that were put into the food when they were being processed.
- 'Total Sugars' include the added sugars and the sugar that is naturally in foods like fruit or milk.

## WHAT ARE THE TOP SOURCES OF ADDED SUGARS?

1. Beverages such as soda, juice, and coffee/tea
2. Snacks

## WHY SHOULD WE LIMIT ADDED SUGARS?

- Too many sugary foods or drinks can take the place of healthier foods like water, milk, fruits, nuts, and grains. This can make it hard to get in our daily amount of needed nutrients.
- Added sugars can lead to health problems such as obesity, cavities and even changes in mood.

## WHAT IS THE DAILY LIMIT FOR SUGAR?

- **Kids ages 2-18 years old:** < 25 grams or six teaspoons a day
- **Women:** < 25 grams or six teaspoons a day
- **Men:** < 36 grams or 9 teaspoons a day

**When reading nutrition labels:**

- 20% or more = high
- 5% or less = low