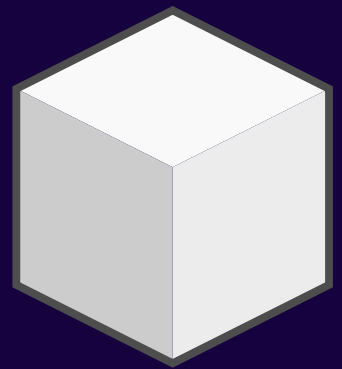


All About ADDED SUGAR



Women want to try to keep our added sugar to 25 grams per day or less.

Men want to try to keep added sugar to 36 grams per day or less.

Common names for added sugar

- Agave
- Barley Malt
- Beet Sugar
- Blackstrap Molasses
- Brown Sugar
- Brown Rice Syrup
- Cane Sugar
- Cane Juice
- Carmel
- Carob Syrup
- Coconut Sugar
- Coconut Palm Sugar
- Confectioner's sugar
- Corn Sweetener
- Corn Sryup
- Demarara sugar
- Diatse
- Date Sugar
- Dextrin
- Dextrose
- Diastatic Mlat
- Evaporated Cane juice
- Fructose (High fructose corn syrup)
- Fruit Sugar
- Galactose
- Glucomalt
- Glucose
- Grape Juice concentrate
- Grape Sugar
- Honey
- Invert Sugar
- Lactose
- Malt Syrup
- Maltodextrin
- Maltose
- Maple Syrup
- Molasses
- Palm Sugar
- Raw Sugar
- Rice Syrup
- Refiner's Syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar
- Treacle
- Turbinado Sugar
- Xylose

Try to find products that are 5 grams or less of added sugar per serving.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%



Hidden added sugar is known to be a big part of weight gain.



It also delivers “empty calories” — calories devoid of fiber, vitamins, minerals, and other nutrients.



One 12 oz. can of Pepsi has 41 grams of added sugar.