SHOW ME THE SUGAR!

To find out how much sugar is in a package, first check the Nutrition Facts panel on the food package.

Look for the word “Sugars” to see how much sugar is in the food per serving. (To convert grams into teaspoons, divide grams by four.) To find the hidden forms of sugar, check the list of ingredients.

SUGAR HAS MANY DISGUISES
Sugar comes in many forms. Here are some common words for sugar in the ingredients list:

- Agave Nectar/syrup
- Barley Malt Syrup
- Brown-rice syrup
- Corn sweetener
- Corn syrup, or corn syrup solids
- Cane Juice
- Dehydrated cane juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Sucrose
- Syrup
- Turbinado Sugar
- Xylose

INGREDIENTS:
Oat bran, rice, corn syrup, sugar, fructose, whole grain rolled oats, dextrose, oat and fruit clusters (toasted oats [rolled oats, sugar, soybean oil, honey, molasses] sugar, rolled oats, strawberry flavored apples, corn syrup, brown sugar, natural and artificial flavors), high fructose corn syrup, vegetable oil, contains 2% or less of potassium chloride, brown sugar, sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy lecithin, niacinamide, nonfat dry milk, whole wheat flour, BHT, vitamin A, B6, riboflavin, thiamin mononitrate, folic acid, vitamin B12.