

SHOW ME THE SUGAR!

Nutrition Facts		
Serving Size	1 Bar	
Servings Per Container	6	
Amt Per Serving	%DV	
Calories	150	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	85 mg	4%
Total Carbohydrate	30 g	
Dietary Fiber	2 g	9%
Sugars	13g	
Protein	3 g	

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 | Malt syrup |
| Barley Malt Syrup | Maltose |
| Brown-rice syrup | Mannitol |
| Corn sweetener | Maple syrup |
| Corn syrup, or corn syrup solids | Molasses |
| Cane Juice | Raw sugar |
| Dehydrated cane juice | Rice Syrup |
| Dextrin | Saccharose |
| Dextrose | Sorbitol |
| Fructose | Sorghum or sorghum syrup |
| Fruit juice concentrate | Sucrose |
| Glucose | Syrup |
| High-fructose corn syrup | Treacle |
| Honey | Turbinado Sugar |
| Invert sugar | Xylose |
| Lactose | |
| Maltodextrin | |



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.

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Note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed, and nutrition information may change.

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