



How many added sugars are in that ?

Added sugars are easy to find on nutrition facts labels. The amount in each serving is listed in grams (g) along with the % Daily Value (the percentage that each serving contributes to your daily recommended intake of various nutrients). Below are some common foods you might consume on any given day and their contribution to daily added sugars intake.

Nutrition Facts	
1 serving per container	
Serving size	1 container (5.3oz)
Amount Per Serving	
Calories	110
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Total Fat 0g	% Daily Value* 0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 9g Added Sugars	18%
Protein 12g	24%
Vitamin D 0% · Calcium 10% · Iron 0% · Potassium 4%	

The Food and Drug Administration's (FDA) Daily Value for added sugars is 50 grams per day.*

	Grams	% Daily Value
Breakfast		
Oatmeal (2 teaspoons brown sugar)	8g	16%
Honey Nut Cheerios Cereal (1 cup)	12g	24%
Lunch		
Turkey sandwich with whole grain bread	6g	12%
Salad with vinaigrette dressing (2 tablespoons)	3g	6%
Dinner		
Spaghetti and meatballs (1/2 cup sauce)	3g	6%
Barbecue chicken (2 tablespoons sauce)	4g	8%
Snacks		
Crunchy Granola bar (1 bar)	6g	12%
Apple slices and peanut butter (2 tablespoons)	2g	4%
Yogurt (5.3 ounces)	9g	18%
Dessert		
Vanilla Ice cream (2/3 cup)	14g	28%
Chocolate Chip Cookie	14g	28%



1 teaspoon of real sugar
has
15 calories
and weighs
4 grams

Added sugars are found in many nutritious foods like yogurt or whole grain bread for reasons other than sweetness, such as preservation or balancing sour or bitter flavors. Added sugars are also found in sweets and treats that we make room for in moderation as part of a balanced diet and lifestyle. When you look at the calories from added sugars over the course of a day, you can choose how and where to spend your daily intake.

*based on a 2,000 calorie diet

Learn more at [sugar.org](https://www.sugar.org)

