

Nutrition Facts	
About 35 Servings Per Container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 90mg	2%
Vitamin E 1.5mg	10%
Niacin 3.2mg	20%

*Percent Daily Values are based on a 2,000 calorie diet.

**Original
Peanut Butter**



**No Sugar Added
Peanut Butter**



Nutrition Facts	
About 14 servings per container	
Serving size	2 Tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	7%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 90mg	2%
Vitamin E 1.5mg	10%
Niacin 3.2mg	20%

*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.

“No Sugar Added” does not mean less calories.

Original Chewy Bar



INGREDIENTS: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, coconut, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice flour, sugar, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. Contains 2% or less of: calcium carbonate, sorbitol, salt, soy lecithin, molasses, tocopherols (to preserve freshness), natural flavor.
CONTAINS COCONUT, MILK, SOY AND WHEAT INGREDIENTS.
MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Reduced Sugar Chewy Bar



INGREDIENTS: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, dried coconut, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), corn syrup, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), brown rice crisp (whole grain brown rice flour, sugar, salt), sunflower oil, corn syrup solids, inulin, polydextrose, glycerin. Contains 2% or less of: calcium carbonate, invert sugar, salt, molasses, diacetyl tartaric acid ester of monodiglycerides, tocopherols (to preserve freshness), natural flavor, soybean oil.
CONTAINS COCONUT, MILK, SOY AND WHEAT INGREDIENTS.
MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Both have 100 calories

Even original products can contain hidden artificial sweeteners and sugar alcohols that are not easily recognizable.



Nutrition Facts

5 servings per container
Serving size **2 Pouches (354mL)**

	Per serving	% DV*	Per 1 Pouch	% DV*
Calories	0		0	
Total Fat	0g	0%	0g	0%
Sodium	30mg	1%	15mg	1%
Total Carbohydrate	0g	0%	0g	0%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	0g		0g	
Vitamin C		40%		20%

Foods for children should be required to include the name and quantity of artificial sweetener on the front of the package, so parents aren't left in the dark about what their kids are eating.

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

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INGREDIENTS: FILTERED WATER, CITRIC ACID, ASCORBIC ACID (VITAMIN C), NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, ACESULFAME POTASSIUM, CALCIUM DISODIUM EDTA (TO PRESERVE FRESHNESS), BLUE 1.



Foods for children should be required to include the name and quantity of artificial sweetener on the front of the package, so parents aren't left in the dark about what their kids are eating.



Nutrition Facts

4 servings per container
Serving size **1 pudding cup (92g)**
Calories per serving 70

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.5g	4%	Total Carbohydrate 14g	5%
Saturated Fat 2g	10%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
Polyunsaturated Fat 0g		Incl. 0g Added Sugars	0%
Monounsaturated Fat 1g		Sugar Alcohol 8g	
Cholesterol 0mg	0%	Protein 1g	
Sodium 115mg	5%		

Vit. D 0mcg 0% • Calcium 0mg 0% • Iron 3.1mg 15% • Potas. 140mg 2%

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INGREDIENTS: WATER, MODIFIED CORN STARCH, SORBITOL, MALTITOL, NONFAT MILK*, COCOA (PROCESSED WITH ALKALI), PALM OIL, LESS THAN 2% OF: SALT, MILK PROTEIN ISOLATE, SODIUM STEAROYL LACTYLATE, CARRAGEENAN, ARTIFICIAL FLAVORS, SUCRALOSE, ACESULFAME POTASSIUM. *ADDS AN INSIGNIFICANT AMOUNT OF SUGAR. CONTAINS: MILK



Parents don't want to be left in the dark about what chemicals their kids are eating.

3 in 4 parents think it's important to know the amount of sugar substitutes in their kids' food.

Ingredients: Isomalto-oligosaccharides (vegetable source), Allulose, Soluble tapioca fiber, Gelatin, Malic acid, Citric acid, Natural flavors, Fruit and vegetable juice (for color), Coconut oil, Carnauba wax, Monk fruit extract.

Nutrition Facts	
Serving size	1 Bag (50g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 36g	13%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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INGREDIENTS: SKIM MILK, MALTITOL SYRUP, MALTODEXTRIN (CORN), COCONUT OIL, WHEY, CREAM, LESS THAN 2% OF: MONO AND DIGLYCERIDES, GUAR GUM, CAROB BEAN GUM, TARA GUM, NATURAL FLAVOR, ACESULFAME POTASSIUM, SUCRALOSE, ANNATTO (FOR COLOR). CONTAINS MILK.

“No sugar added” doesn’t tell consumers anything about what’s in the product instead. Products with claims like these should be required to say “sweetened with sucralose and acesulfame potassium” right up front.

Nothing on the front of this package would indicate there is a sugar substitute in this product, yet it contains Sucralose.



INGREDIENTS: Popcorn, Palm Oil, Salt, Rosemary Extract (For Freshness), Sucralose.
MAY CONTAIN MILK

Nutrition Facts

Servings per Bag About 3
 Servings per Box About 36
 Serving size **2 tbsps unpopped (25g)**
 (makes about 3 cups popped)

	2 tbsps unpopped (25g)		1 cup popped (6g)	
		% DV*		% DV*
Calories	130		30	
Total Fat	9g	12%	2g	3%
Saturated Fat	4.5g	23%	1g	5%
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		0g	
Monounsaturated Fat	3g		1g	
Cholesterol	0mg	0%	0mg	0%
Sodium	75mg	3%	20mg	1%
Total Carb.	12g	4%	3g	1%
Dietary Fiber	2g	7%	0g	0%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	2g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.3mg	2%	0mg	0%
Potassium	60mg	0%	0mg	0%

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