

Health & Nutrition Tips

# Too Much of a Sweet Thing

Did you know sugar is hiding in 74% of packaged foods?

**These steps will help you eat less:**

1. Check the Nutrition Facts label
2. Find grams of sugar. Keep in mind, four grams of sugar equals one teaspoon of sugar.
3. Check the Ingredients list.
4. Find added sugars like corn syrup, honey and anything else ending in “ose”.

## Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container about 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g      **18%**

Saturated Fat 3g      **15%**

Trans Fat 3g

**Cholesterol** 30mg      **10%**

**Sodium** 470mg      **20%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 0g      **0%**

Sugars 5g

**Proteins** 5g

**INGREDIENTS:** ENRICHED FLOUR, CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, SODIUM ACID PYROPHOSPHATE, LECITHIN, LEAVENING, GELATIN, BAKING SODA, CARAMEL COLOR, YELLOW #5.

## Recommended daily sugar intake for...



**Men:**  
36 grams  
(9 tsp)



**Women:**  
20 grams  
(5 tsp)



**Children:**  
12 grams  
(3 tsp)

## Where does added sugar hide?

- Soda and other sweetened beverages
- Breakfast cereal
- Sweet treats like cake, candy and cookies
- Packaged foods like pasta sauces, yogurt and granola bars