

# CHEAT SHEET

# ADDED SUGARS

*noun* | add·ed su·gars | \ˈa-dəd ˈshū-gərs\

: a statement of the number of grams of added sugars in one serving of a food

## DEFINITION

Sugars that are either added during the processing of foods or packaged as such and includes sugars (free, mono- and disaccharides), sugars from syrups and sugars concentrated from fruit or vegetable juices that are in excess of what would be expected from the same volume of 100% fruit or vegetable juice of the same type.

## ADDED SUGARS

### NOT CONSIDERED ADDED

Naturally occurring sugars in:

Dairy products

Vegetables

Fruits

Grains



### CONSIDERED ADDED

Molasses

Agave\*

Corn Sweetener

Syrup\*

Pure Maple Syrup\*

Sugar\*

Honey\*

### THESE ITEMS REQUIRE SPECIAL CONSIDERATION

- **Juice concentrates** - Example: if juice concentrate is added to a product, and the sugar content exceeds that contributed by whole foods and 100% juices, some of the sugars may be considered added sugars
- **Purees/Pastes, Sugars after fermenting, Corn syrup solids**
- **Dried cranberries and cranberry juices\*\***



\*Nutrition Facts labels on packages of single-ingredient sugar products (sugar, honey, agave, or syrup, including maple syrup) are not required to bear the declaration "Includes Xg Added Sugars" but must show the %DV on that line.

\*\*Certain cranberry products can include a statement of palatability *outside the label*, referred to by a dagger symbol after the Added Sugars %DV. (Example: "Sugars added to improve the palatability of naturally tart cranberries.") Additional statement wording options can be found in the FDA's Guidance Documentation.

## ON THE LABEL

Added Sugars are indented under Total Sugars. If labeling a single-ingredient sugar product, only the %DV is shown but an explanatory footnote can be included *within the label border* and referred to by a dagger symbol.

# Nutrition Facts

2 servings per container

Serving size 1 cup (140g)

Amount per serving

**Calories 170**

% Daily Value\*

Total Fat 8g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 27g 9%

Dietary Fiber 0g 11%

Total Sugars 25g

Includes 23g Added Sugars 54%

Protein 3g

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 230mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

# Nutrition Facts

8 servings per container

Serving size 1 tbsp (21g)

Amount per serving

**Calories 60**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Total Sugars 17g

34%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

†One serving adds 17g of sugar to your diet and represent 34% of the Daily Value for Added Sugars.

### ROUNDING RULES:

- Less than 1 g: declaration not required with insignificant footnote or you can show "less than 1 g" or "< 1 g" on the label.
- Less than .5 g: may be expressed as 0

### MANDATORY NUTRIENT

**DV: 50g.**

The FDA recommends that your added sugar intake not to exceed 10% of total calories.

Note: Manufacturers are required to make and keep records verifying the declared amount of added sugars.