

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	

SUGAR HAS MANY DISGUISES:

Sugar comes in many forms. Here are some common words for sugar in the Ingredients list:

Barley malt	High fructose corn syrup
Brown sugar	Honey
Cane juice	Maltodextrin
Corn syrup	Maple syrup
Dextrose	Molasses
Fructose	Powdered sugar
Glucose	Raw Sugar
Sucrose	

To find out how much sugar is in that 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 find the hidden forms of sugar, check the “Ingredients.”



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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**GOLD COAST COLLABORATIVE
FOR NUTRITION AND FITNESS**

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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.

Originally developed and piloted by Alameda County Public Health Department • Nutrition Services.
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For food stamp information, call 877-847-3663.

