



GUIDELINES FOR FOOD AND DRINKS (per serving)

Below 4g of saturated fat

Below 4g of added sugar

Below 800mg of sodium

No manufactured trans fats

100 percent whole grains only

WHAT ARE ADDED SUGARS?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.

Naturally occurring sugars such as those in fruit or milk are not added sugars.

HOW MUCH ADDED SUGAR IS IN YOUR SNACK BAR?



KNOW YOUR DAILY SUGAR LIMITS

9 TEASPOONS



6 TEASPOONS

22.2 TEASPOONS OF SUGAR ARE CONSUMED BY THE AVERAGE AMERICAN DAILY



WATCH OUT FOR HIDDEN ADDED SUGARS

- Corn sweetener
- High fructose corn syrup
- Dextrose
- Fructose
- Glucose
- Honey
- Malt syrup
- Sucrose

THE FIRST 5 INGREDIENTS

If added sugar or syrups are in the first 5 ingredients, consider another option.

If a form of sugar listed, check out how much on the nutrition facts label.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230