CUT OUT





The American Heart Association recommended daily limit for additional sugars:

Women & Kids

teaspoons

25

grams

calories

Men

teaspoons

grams

calories

Photo Credit: Canva

Nutrition Facts

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

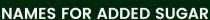
Amount per serving 230 **Calories**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Si	ugars 20%

Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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.

If a food has added sugar, you will see one of these words in the ingredients.



- Any word that ends in -ose (fructose, dextrose, sucrose, maltose, lactose, glucose)
- Brown sugar
- Corn sweetener
- Corn syrup

- High-fructose corn syrup
- Honey
- Malt sugar
- Molasses
- Raw sugar
- Syrup







Healthy Tip Look for foods with no

added sugar

