

cheat sheet

# ADDED SUGARS

noun | add·ed su·gars | \ 'a-dəd 'shü-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.

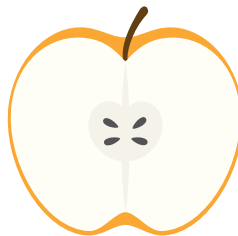
## added sugars

### NOT CONSIDERED ADDED

Naturally occurring sugars in:

Dairy products  
Fruits

Vegetables  
Grains



### CONSIDERED ADDED

Molasses  
Corn Sweetener  
Pure Maple Syrup\*  
Honey\*

Agave\*  
Syrup\*  
Sugar\*

### 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	
<b>Serving size</b>	<b>1 cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>11%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>54%</b>
<b>Protein</b> 3g	
Vitamin D 5mcg	<b>25%</b>
Calcium 20mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 230mg	<b>4%</b>
*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.	

### 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

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 tbsp (21g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b>	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	
	<b>34%†</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>
*The % Daily Value 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.	
†One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.	

## 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.

