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.

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.
### 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.

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