



SWEET ENOUGH

without all that sugar

FINDING SUGAR ON THE NUTRITION FACTS PANEL

NAME OF FOOD ITEM:	
Servings per container	
Calories per serving	
Grams of sugar	
Teaspoons of sugar	
Total carbohydrates	
Grams of dietary fiber	
List Added Sugars from Ingredients list	

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REFERENCE: Holmes, Betty. University of Wyoming, Cooperative Extension Service. Wellness in the Rockies: WIN (Wellness IN) Kids.