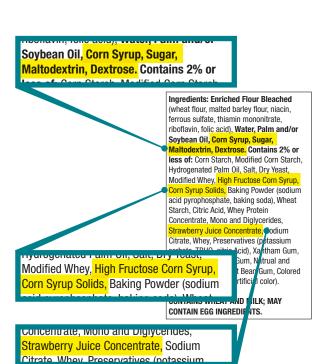


Tracking Down

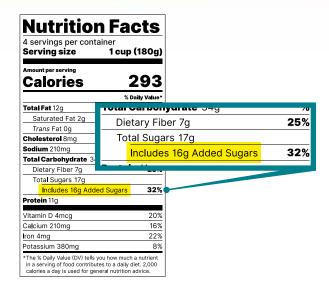
-Added Buguir

Read the label! The **Nutrition Facts** information and **ingredients list** help you know how much added sugar is in foods and drinks.

- Total sugars include both added sugars and natural sugars. Added sugars are the ones you want to limit.
- Check serving info at the top of the label. If you eat more than one serving, you're getting more added sugars, calories and other nutrients.
- Label values are based on 2,000 calories/day.
 You may need less or more calories depending upon your age, activity level and other factors.



The American Heart Association recommends limiting added sugars to 6 teaspoons (25 grams) for most women and children over 2 years and 9 teaspoons (36 grams) for most men.



- Ingredients are listed in order of quantity in the product. In this example, sugar isn't the first ingredient, which sounds good, right? But added sugars are four of the seven main ingredients, which is not so sweet for your health.
- Added sugars are sneaky! They go by many names (aliases), such as: agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose and anything with the words sugar or syrup.



