



SUGAR HAS MANY NAMES

Sugar comes in many forms. Here are some common names for sugar in the Ingredients list:

Barley malt	High fructose corn syrup
Brown sugar	Honey
Cane juice	Maltodextrin
Corn syrup	Maple syrup
Dextrose	Molasses
Fructose	Powdered sugar
Glucose	Raw sugar
Sucrose	

FIND THE SUGAR

To find out how much sugar is in that package, check the **Nutrition Facts** label on the package. Look for the word **Sugars** to see how much sugar is in the item per serving.

To find the forms of sugar, check the **Ingredients**.



Nutrition Facts

Serving Size 1 bar

Servings Per Container 6

Amount Per Serving

Calories 150

% Daily Value *

Total Fat 2.5g **4%**

Saturated Fat 0 g

Trans Fat 0 g

Sodium 85 mg **4%**

Total Carbohydrate 30 g **10%**

Sugars 12 g

Protein 3 g **6%**

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

Oat bran, rice, **corn syrup**, **sugar**, **fructose**, whole grain rolled oats, **dextrose**, oat and fruit clusters (toasted oats [rolled oats, **sugar**, soybean oil, **honey**, **molasses**] **sugar**, rolled oats, strawberry flavored apples, **corn syrup**, **brown sugar**, natural and artificial flavors), **high fructose corn syrup**, vegetable oil, contains 2% or less of potassium chloride, **brown sugar**, sorbitol, malt flavoring, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, vitamin B12.