Added sugars are easy to find on nutrition facts labels. The amount in each serving is listed in grams (g) along with the % Daily Value (the percentage that each serving contributes to your daily recommended intake of various nutrients). Below are some common foods you might consume on any given day and their contribution to daily added sugars intake.

### Nutrition Facts

**1 serving per container**

**Serving size 1 container (5.3oz)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>1 container (5.3oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 110</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium 55mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Total Sugars 14g</td>
<td>Includes 9g Added Sugars 18%</td>
</tr>
<tr>
<td>Protein 12g</td>
<td>24%</td>
</tr>
</tbody>
</table>

*based on a 2000 calorie diet

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**Breakfast**

- Oatmeal (2 teaspoons brown sugar): 8g, 16%
- Honey Nut Cheerios Cereal (1 cup): 12g, 24%

**Lunch**

- Turkey sandwich with whole grain bread: 6g, 12%
- Salad with vinaigrette dressing (2 tablespoons): 3g, 6%

**Dinner**

- Spaghetti and meatballs (1/2 cup sauce): 3g, 6%
- Barbecue chicken (2 tablespoons sauce): 4g, 8%

**Snacks**

- Crunchy Granola bar (1 bar): 6g, 12%
- Apple slices and peanut butter (2 tablespoons): 2g, 4%
- Yogurt (5.3 ounces): 9g, 18%

**Dessert**

- Vanilla Ice cream (2/3 cup): 14g, 28%
- Chocolate Chip Cookie: 14g, 28%

### 1 teaspoon of real sugar

- has **15 calories**
- and weighs **4 grams**

Added sugars are found in many nutritious foods like yogurt or whole grain bread for reasons other than sweetness, such as preservation or balancing sour or bitter flavors. Added sugars are also found in sweets and treats that we make room for in moderation as part of a balanced diet and lifestyle. When you look at the calories from added sugars over the course of a day, you can choose how and where to spend your daily intake.

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