



SUGAR HAS MANY NAMES

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

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

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.

