



SUGAR HAS MANY NAMES:

Sugar comes in many forms. Here are some common words 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

To find out how much sugar is in that package, first check the “Nutrition Facts” panel on the package.

Look for the word “Sugars” to see how many grams of sugar are in the item per serving. To find the forms of sugar, check the “Ingredients.”

Nutrition Facts		
Serving Size	1 Bar	
Servings Per Container	6	
Amt Per Serving	%DV	
Calories	150	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	85 mg	4%
Total Carbohydrate	30 g	10%
Dietary Fiber	2 g	8%
Sugars	12 g	
Protein	3 g	
Potassium	350 g	



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**, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, vitamin B12.