

Read Food Labels

Use the information on nutrition labels to guide beverage choices.



**4 grams sugar =
1 teaspoon sugar**



What's on a label?

Servings

How many servings in the containers? The nutrition information tells you how much in 1 serving.

If there are 2 servings in the container, but all will be eaten, then double the sugar and other values to find out actual nutrition.

Sugars

Look under Total Carbohydrates to find out how much is in the form of sugar. The value will be in grams (g).

Ingredients

Ingredients are listed in order by weight. When looking for sugars, several kinds of sugars might be listed: sucrose, fructose, high fructose corn syrup, etc. Each is listed by weight. It is easy to hide the total weight of sugars.

What can we discover?

Serving size is 8 ounces.

Each serving contains 22 g (grams) of sugar.

How many teaspoons of sugar are in this 8-oz. glass of 100% orange juice? 5.5 teaspoons!

Dental facts:

Acid causes tooth decay. Plaque + Sugar = Acid

1 sugary sip causes 20 minutes of acids on teeth.

100% Orange Juice

Nutrition Facts			
Serving Size 8 fl oz (240ml)			
Servings Per Container 1			
Amount Per Serving		Calories from Fat 0	
Calories 110			
		% Daily Value	
Total Fat	0g	Calcium	2%
Sodium	0mg	Riboflavin	4%
Potassium	450mg	Vitamin B6	6%
Total Carbohydrate	26g	Magnesium	6%
	Sugars 22g		
Protein	2g		
Vitamin C	120%		
Thiamin	10%		
Niacin	4%		
Folate	15%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: 100% pure Florida squeezed orange juice