



**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**.



<b>Nutrition Facts</b>	
Serving Size 1 bar	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 150	
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0 g	
Trans Fat 0 g	
<b>Sodium</b> 85 mg	<b>4%</b>
<b>Total Carbohydrate</b> 30 g	<b>10%</b>
<b>Sugars</b> 12 g	
<b>Protein</b> 3 g	<b>6%</b>
*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.