

Sugar Smarts



How can you determine if a food is *at or no more than 35%* sugar by total weight of the product?

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30 mg	10%
Sodium 660 mg	28%
Total Carbohydrate 31 g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 30g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Total Weight of One Serving

1. First, divide the grams of sugar in one serving by the gram weight of one serving:

$$\frac{5 \text{ g sugar per serving}}{228 \text{ g per serving}} =$$

0.021

2. Multiply your answer by 100 to obtain the percent of sugar by weight:

$$0.021 \times 100 = 2.1 \%$$

This product contains 2.1% sugar per serving.

It meets the Healthier US School Challenge criteria for a suitable A La Carte and/or Vended Item!

Sugar Weight per Serving

