



Nutrition Facts

1 serving per container

Serving size 3.30 oz. (94 g)

Amount per serving
Calories 265

	% Daily Value*
Total Fat 14g	20%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 21mg	8%
Sodium 874mg	40%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 23mg	0%
Iron 0mg	0%
Potassium 85mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUGAR

Sugars are the smallest and simplest type of carbohydrate. They are easily digested and absorbed by the body. All sugars provide calories, or “energy,” for the body; 1 gram of sugar provides 4 calories.

Sugar is found **naturally** in a lot of foods like fruits, some vegetables, and milk, along with many other essential nutrients. However, most of the sugar we eat and drink is **added** to foods and beverages. **Added** sugars provide extra calories and have no nutritional benefit since they do not provide any other nutrients like vitamins, minerals, or dietary fiber. **Added sugar intake should be less than 10% of your total daily calories.**

Sugar is listed two ways on a nutrition facts label depending on how it is present in food; Total Sugars and Added Sugars.

Total sugars on a nutrition facts label includes:

- Sugars naturally present in foods and beverages, such as lactose in milk or fructose in fruit and some vegetables.
- Added sugars, which are sugars added during the processing of foods. Added sugars can go by a lot of different names such as: agave nectar, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, high fructose corn syrup, honey, invert sugar, malt sugar, maltose, maple syrup, molasses, raw sugar or sucrose.

Although added sugar is included in total sugars on a food label, it is also listed separately on the nutrition facts label to make it easier for the consumer to identify how much sugar and what type is present in a food product. Some may be surprised to find added sugars in these selections:



Information provided is for educational purposes only. AVI does not endorse or recommend any specific diet program. Please consult a physician prior to beginning any diet or exercise program.