**Food Labels for Healthy Eating**

**Serving Size and Grams of Sugar**

**Instructions:** Review the serving size and grams of total sugar on both food labels and grams of added sugar on the new food label.

The newly revised Nutrition Facts Panel will not be on all food packages until July 2018.

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**Original Label**

Serving sizes have easy to use measurements. The serving size on the label may be different from the typical amount eaten at one time.

The grams of **total** sugar per serving is listed here.

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**New Label**

The grams of **added** sugar per serving shows how much sugars are actually added to the food while it is being made.

Look at the ingredients list below to see the different types of added sugar.

Ingredients are listed in order of amount. The food contains more of the ingredients that are listed first.