

Beware of Hidden Sugar...

Check the Nutrition Facts!

- The amount of sugar in each serving is listed on the Nutrition Facts label in grams (g).
- Eating or drinking more than 28 grams of added sugar each day increases your risk for tooth decay.

Learn to Spot Secret Sugars

- Sugars are often called by many different names.
- Read the label – if a sugar is listed in the first 3 ingredients or is the only ingredient, then the product probably contains too much sugar!

*Tip: words ending in “ose” or labeled “syrup” or “sweetener” are usually sugars.

Nutrition Facts

Serving Size 1 bottle (20 oz)

Amount Per Serving

Calories 290 Calories from Fat 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 65g	22%
Dietary Fiber 0g	0%
Sugars 65g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Examples of Secret Sugars

- Brown sugar
- Dextrose
- Corn syrup
- Honey
- Malt syrup
- Maltose
- Fruit juice
- Glucose
- Galactose
- Natural sweetener
- Sorghum
- Sucrose

*The amounts per serving provided on this label are for educational purposes only. They do not represent a specific brand or product.

For more information on added sugars and syrups in foods and beverages, visit: <http://www.choosemyplate.gov/weight-management-calories/calories/added-sugars.html>

*Diets high in added sugar are linked to tooth decay and serious health problems such as:

• Cardiovascular disease

• Nonalcoholic Fatty Liver Disease

• Type 2 Diabetes

Pre-diabetes

• Overweight and Obesity

• Poor Nutrition

Tactics to Limit Tooth Damage from Sugar-Sweetened Beverages (SSBs) and Juice

- ➔ Drink sugary beverages at meals only, ideally near the beginning of the meal.
 - » Limit to once per day.
 - » No more than 12 ounces per day.
- ➔ Replace these beverages with unsweetened beverages.
- ➔ Limit 100% fruit juice to 6 ounces of calcium-fortified juice per day; select fresh fruit to meet remaining fruit goals.
- ➔ Use a straw that reaches to the back of your tongue when consuming these drinks.
- ➔ Consume entire beverage within a 15-minute time frame.
- ➔ Immediately after drinking a sugary or juice beverage:
 - » Rinse mouth with water.
 - » Chew sugar-free gum.
- ➔ Wait at least 20 minutes after drinking SSBs or 100% fruit juice before brushing teeth with fluoridated toothpaste.

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